

the
ultimate

RINGETTE DRILL BOOK

VOLUME 2



More Drills On:

- Games!
- Defence
- Shooting
- Skating
- Passing
- Ring Protection

By Lisa Brown and Laura Warner

Table of Contents

1)	Introduction	
2)	Games	P. 4
3)	Skating	P. 19
4)	Flow Drills	P. 36
5)	Shooting	P. 51
6)	Scoring	P. 67
7)	Defence	P. 78

Introduction

You asked, we listened. Over the years, I have had dozens of ringette coaches ask me. “Where can I find teaching methods and drills that WORK?”

Our first answer to this request was our Master Mind monthly membership for ringette coaches. Over the last two seasons, we’ve worked with over a hundred coaches providing them with winning drills, tactics, and strategies every month. If you are not a member and would like to learn more about that program, go to http://www.ringetteretreat.com/page/coach_lett.

Our second answer is our skills DVD / video system, How to Be A Ringette Star. This DVD shows your players how to score more goals, perfect their passing, channel players away from the net, and pick up the ring consistently. The best thing about this system is that players can program their minds for ringette success simply by watching the video every week and filling out their journal. As a coach, you can use it to give your players the **visual** of the skill you are teaching, which is most important. To learn more go to http://www.ringetteretreat.com/page/video_new2.

Our third answer is our series of Drill books. Many coaches struggle to come up with just the right drill to help their team master the skills they are working on. Why is this problem so common in ringette?

Because ringette is such a young sport, many coaches don’t have much ringette playing experience. Also, because ringette is primarily played by women, many male coaches have told me they wish they had a better understanding of the ins and outs of the game.

Rather than trying to rely solely on whatever sport experience they do have, coaches are indeed smart to turn to “the experts”. That is, your best bet is to learn what works from people who have played, practiced and watched ringette for thousands of hours.

Enter Laura Warner and myself. Between the two of us, we have over 50 years of ringette playing experience and over 30 years of ringette instructing and coaching experience. We want to put that experience to work for you.

This book is our second compilation of the very best drills in ringette. Of course, different things make a drill good.

We’ve included some drills in this book because they’re fun. These drills are meant to keep your athletes engaged, in touch with their love of the game, and learning without feeling like they’re working at it.

We’ve included others because they simply do the very best job of helping athletes to improve the specific skill they focus on.

We’ve selected others because they meet the needs of coaches who have access to only half the ice or who have 20+ athletes on the ice at once.

In all, this book is full of drills to keep your athletes pumped at practice, improving every time they step on the ice, and peaking at just the right time. They will help you enjoy coaching and win.

Yours in ringette,
Lisa Brown

Games

This section contains 14 games you can use to inject some fun into your practices.

Coaches who work with bunny and novice athletes understand the importance of games all too well. Athletes who are 6 and 7 years old have very short attention spans.

Often games are the best way to teach these young athletes some of the fundamental skills and concepts in ringette.

However, even older athletes with long attention spans appreciate a little fun and silliness from time to time.

Games are a great way to lighten the mood after a tough loss. They can also serve to bring athletes closer together when there has been some tension on the team.

Run these games for pure fun or draw out the lesson. Either way, your team will benefit!



Games #1 Baseball

Title: Baseball

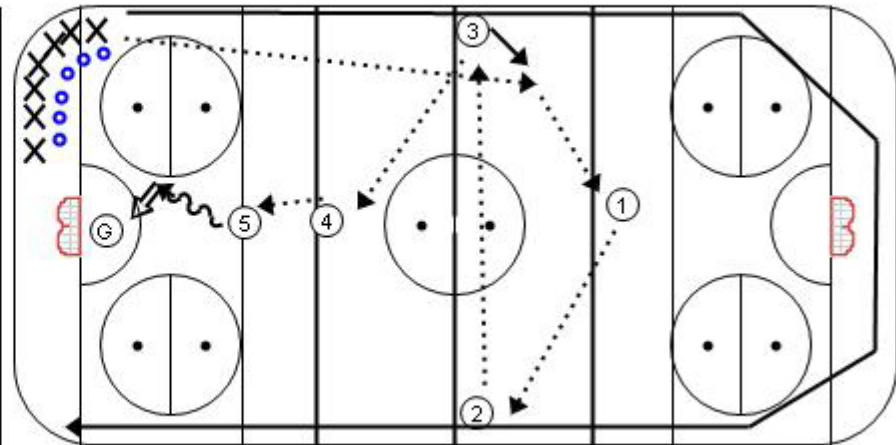
Content elements: _____

Components : _____

Description

X1 shoots the ring out into the "outfield". One of the outfielders (#s 1 - 5) chases down the ring. The outfielders must pass the ring in order: to #1 first, who passes to #2, and so on. When #5 receives the last pass, she goes in for a shot on net. #5 must score before X1 gets back over the goal line (X1 skates a full lap of the ice). If #5 scores first, the outfielders get a point. If X1 crosses the line first, she gets a point.

*Switch outfielders every 1 - 5 "at bats".



Key Points :

Purpose

This game works on skating speed, stabbing the ring, and pass accuracy.

Variations

Reduce or increase the number of "outfielders". Change the route from a basic lap around the nets to a lap which incorporates some agility or strength work.

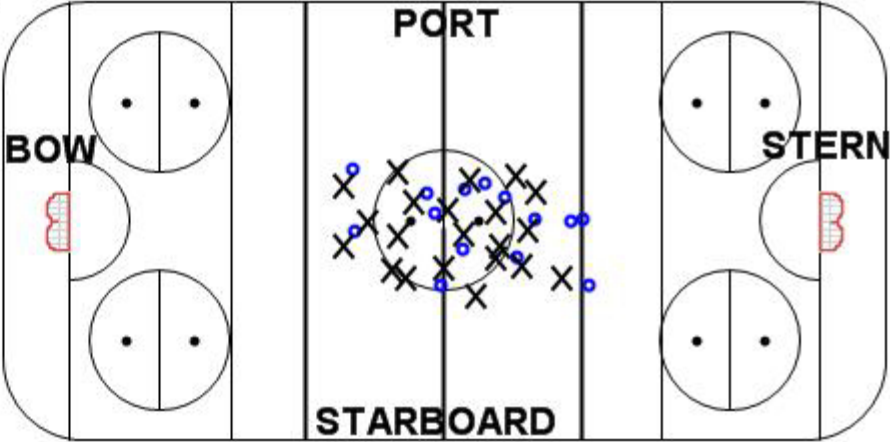
Games #2 Captain's Coming

Title: Captain's Coming - coaches **Content elements:** _____ **Components :** _____

Description

Players start together in the middle of the ice. An instructor yells out either an order or a direction (bow, port, starboard, stern) to the group and they must do the action or skate towards the specific point on the ice.

BEG - Scrub the Deck, Captain's daughter (sit on another player's knee), Parascope (on back with one leg in the air), Shark Attack (get in a circle before an instructor tags them), Life jacket (link arms backwards with another player); ADV - Interception (stick down on ice), Trip over the Ref (fall down and get back up), Celebrate the winning goal, Diving Interception



Key Points :

Purpose

This game is tons of fun but it does work on all kinds of skating skills. The athletes will improve their agility and skating speed when they play this game.

Variations

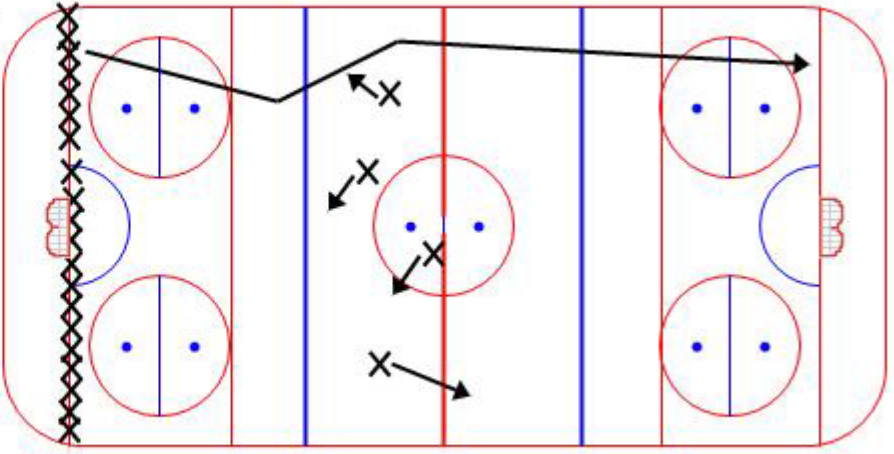
Beginner version with sailing terms & actions or “advanced” version with ringette actions.

Games #3 British Bulldog

Title : British Bulldog **Content elements:** _____ **Components :** _____

Description

3-5 athletes start in the middle - they are "it". Everyone else lines up on the goal line. The athletes in the middle start the game by yelling "British Bulldog". Athletes on the goal line now have 15 seconds to make it to the far ringette line without getting tagged. If they get tagged before the far ringette line they become "it" and join the people in the middle. The last woman standing wins and gets to start the next round in the middle.



Key Points :

Purpose

This classic game works mainly on footspeed.

Variations

Add rings so the people in the middle are checking, not tagging. This variation should only be played with older, more skilled athletes and you'll have to warn them about keeping their checks legal - it can get rough if the athletes aren't careful.

Games #4 Ring Protection Zig Zag Course

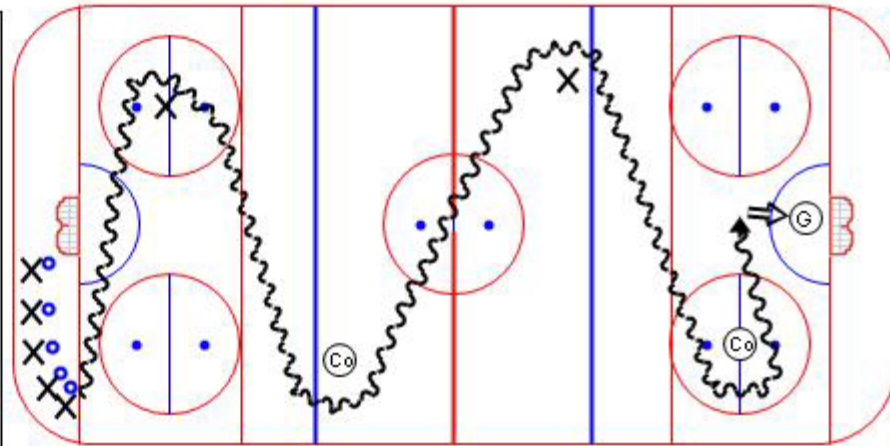
Title : Ring Pro Zig Zag Course

Content elements: _____

Components : _____

Description

Athletes line up in the corner. Coaches and a couple athletes line up on the face off dots and act as checkers. The ring carrier's job is to get through the whole course without losing the ring. To do this, she must hide the ring as she does a tight turn around each checker. If the ring carrier exposes the ring at all, the checker makes the steal. The drill finishes with a shot. The 2nd person in line leaves when the first ring carrier gets around the first checker.



Key Points :

Purpose

The zig zag course teaches the athletes to protect the ring by building a wall with their body.

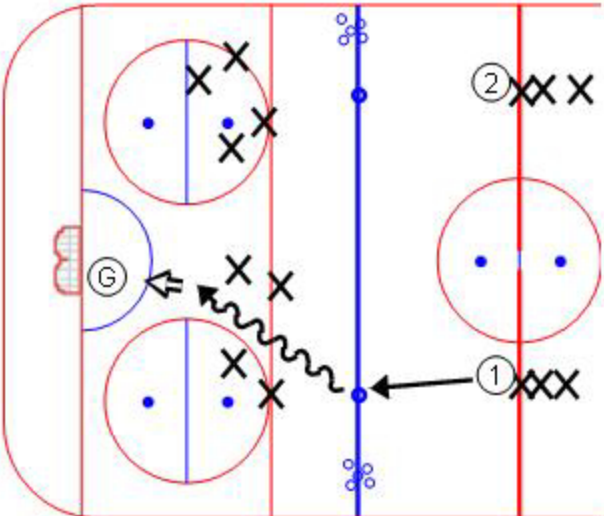
Games #5 The Gauntlet

Title : Gauntlet **Category #1 :** Coaches **Category #2 :** Ring Protection

Description

This drill reinforces accelerating through the ring and maintaining foot speed to protect the ring. On the whistle, X1 accelerates to the ring on the blue line, picks it up, and accelerates through a "gauntlet" of 2 or 4 teammates who try to check the ring carrier. The key to this drill is maintaining safety. Be sure the checkers are at least 6-7 feet apart and do not check too aggressively (no tripping or hooking!). If the ring carrier gets through the gauntlet, she takes a shot on net.

Key points:



Purpose

This game is another way to reinforce ring protection. The athletes must keep their speed as they pick up the ring and skate through pressure.

Games #6 Zone Passing

Title: Zone Passing **Content elements:** _____ **Components :** _____

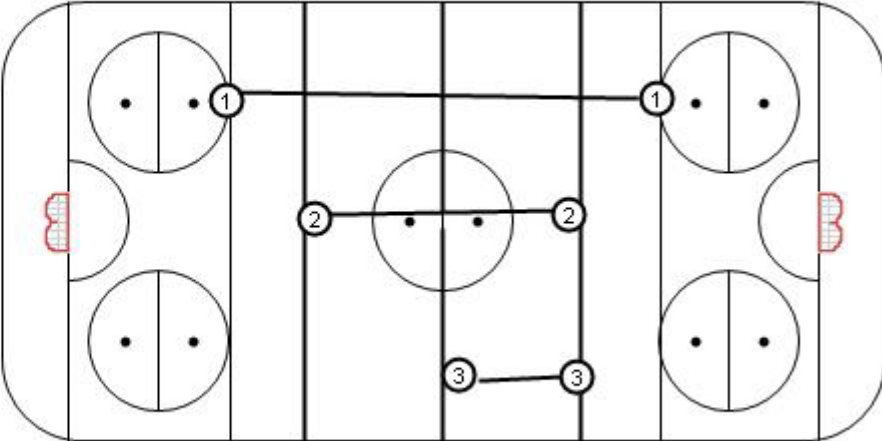
Description

All athletes are in pairs or groups of three. They start off skating around (heads up!) passing to each other in between the extended lines.

On the whistle, players move between the blue lines and continue passing to each other..

On the next whistle players move between the red line and the blue line and continue passing.

* Players need to have their heads up, communicate, and find open space.



Key Points : **Communication** **Alertness** **Heads up** _____

Purpose

This game is a great warm up. It can also be a perfect way to break up a practice when you are switching the focus. In this game, athletes learn to find open ice and pass to open ice.

Variations

Change the areas of the ice that you play in.

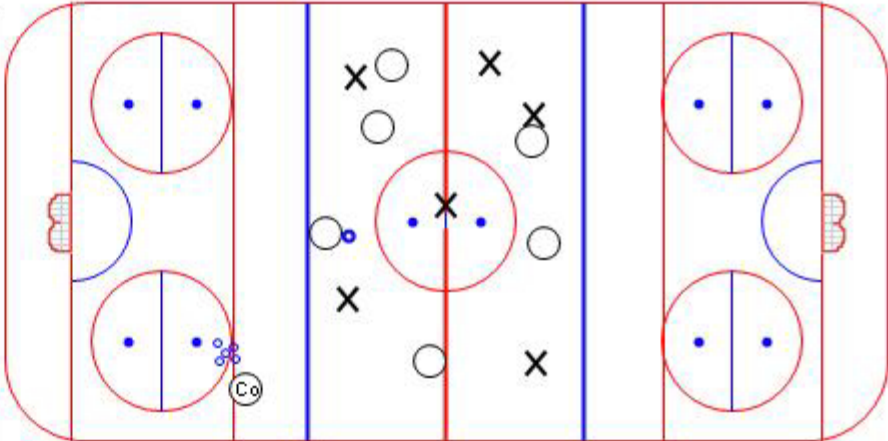
Games #7 Two Second Keep Away

Title : 2 Second Keep Away **Content elements:** _____ **Components :** _____

Description

Divide your athletes into two teams. They play keep away in the neutral zone. The rule is that no athlete can hang on to the ring for longer than 2 seconds. The coach stands outside the blue lines and counts out loud each time a new athlete picks up the ring.

If the ring comes outside the blue lines, the coach passes in a new ring. If the drill is running smoothly, the coach can add a 2nd ring.



Key Points :

Purpose

The purpose of this game is to teach your athletes to find open players and not hold on to the ring too long. The non ring carriers must constantly find open ice. Also, teams must communicate very well to succeed in this game.

Games #8 5 Ring Ringette

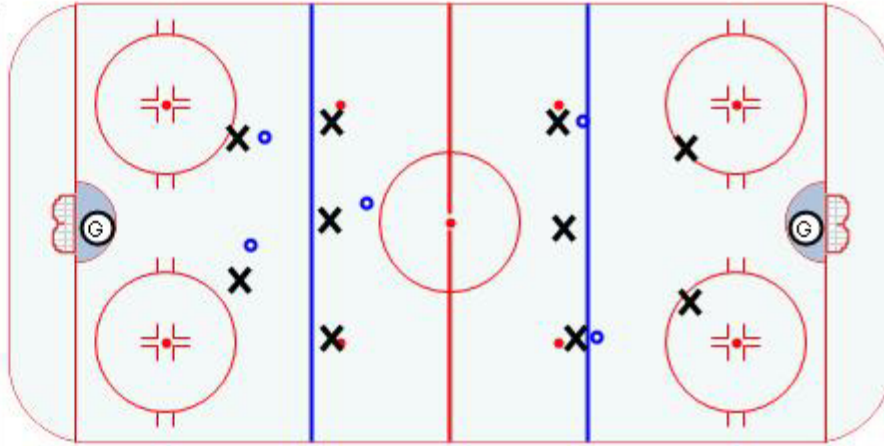
Title: 5 Ring Ringette

Content elements:

Components :

Description

Scrimmage with 5 rings in play at all times. You have to pass over the blue lines but can have more than 3 in the zone at a time. Goalies throw the ring back out if they get scored on.



Key Points :

Purpose

This game is a fun twist on the game of ringette. Your athletes will have to focus on offence and defence all at the same time. They should increase their ice awareness during this game.

Games #9 Balancing Act

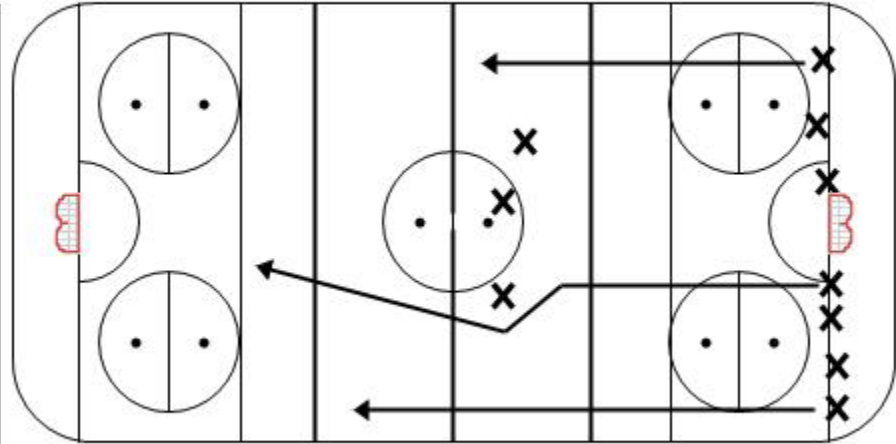
Title: Balancing Act Content elements: _____ Components : _____

Description

A modified version of British Bulldog: Players balance a ring on top of their gloves (no sticks allowed) and cannot hold the ring in any way.

The object of the game is to be the last one with the ring still balanced on your hand. The people at center ice are it and yell "pom pom pole-a-way" when they want the people with rings to start skating. If the people in the middle knock the ring off your hand or if your ring falls off on its own, you also become "it". The game goes until there is one person left.

* Players can be tagged between ringette lines *



Key Points :

Purpose

This variation on British Bulldog challenges the athletes to keep their upper body quite still while they skate at top speed. A quiet upper body makes for a more efficient skating stride.

Games #10 Circle of Rings

Title: Circle of Rings

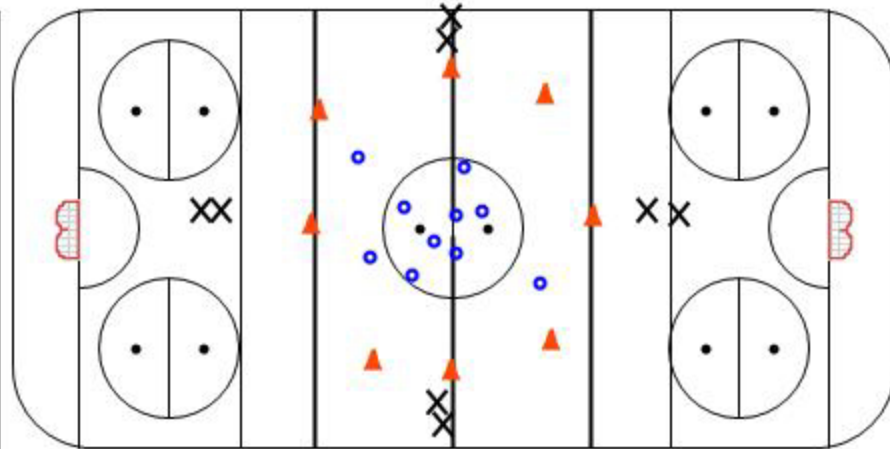
Content elements: _____

Components : _____

Description

Players spread out in groups of 2-3 around a circle. 15 - 20 rings are placed inside the circle. The object of the game is to have the most amount of rings at the end of 30 seconds.

When the whistle is blown, the first player in each line (only one player from each group can go at one time) goes and gets a ring from the centre of the circle and brings it back to her group. The second girl goes when the first girl has gotten back to the group. Once there are no more rings left in the circle, players can go to other groups and take their rings - still, one player at a time.



Key Points :

speed

Purpose

This is a fun way to get your athletes skating.

Variations

Increase or decrease the number of rings in the middle. Make your circle larger or smaller.

Games #11 Dani's Ring Race Game

Title: Dani's Ring Race Game **Content elements:** _____ **Components :** _____

Description

Players get into pairs. They line up down the middle of the ice, facing the instructor. The instructor holds her stick high enough up in the air so all the athletes can see it.

When the instructor points her stick in one direction, the pair of athletes races to their ring on that side of the ice (the athlete who wins the race gets a point). The player with the ring then tries to shoot and hit a target on the boards until the whistle.

Key Points :

Purpose

This is another “skating” game. By adding in a shooting element at the end you also inject a focus on accuracy and goal scoring.

Variations

Instead of keeping track of points, the athlete who does not get the ring is eliminated. The successful athletes pair up with another successful athlete for the next round. This continues until you have an ultimate champion.

Games #12 Lisa Lane Relay

Title : Lisa Lane Relay - coaches

Category #1 :

Relay

Category #2 :

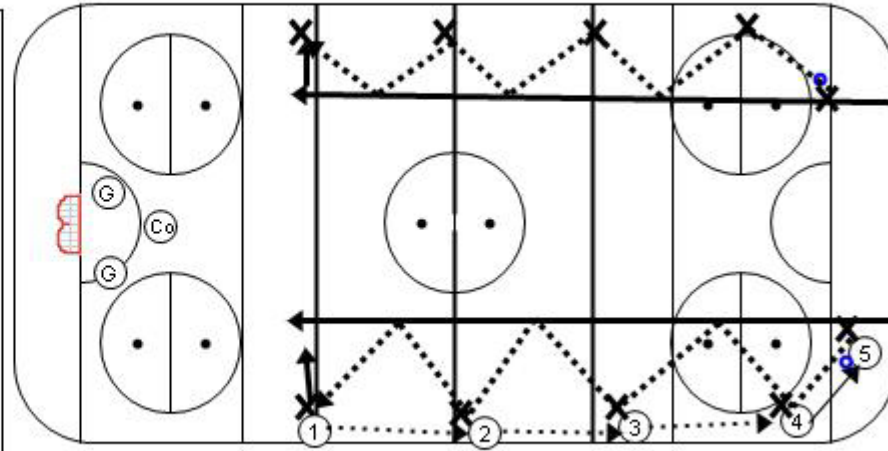
Lead Passing

Description

X5's start with the ring giving everyone in the line a lead pass until they get to the end of the line. When X5 has passed to everybody she passes ring back to X1. X1 passes to X2, X2 to X3... so on down the line. When X4 gets the ring she starts from the X5 position and repeats the pattern. After X5 has made the pass she just takes X1's place in the line up and X2 takes X3's spot and so on.

Whoever finishes the relay first wins. You are done when X5 gets the ring from where she started.

Goalies in far end.



Key points:

Lead Passing Game

Goalie's w/lns.

Purpose

This relay focuses on skating speed, lead passing, and stabbing the ring.

Variations

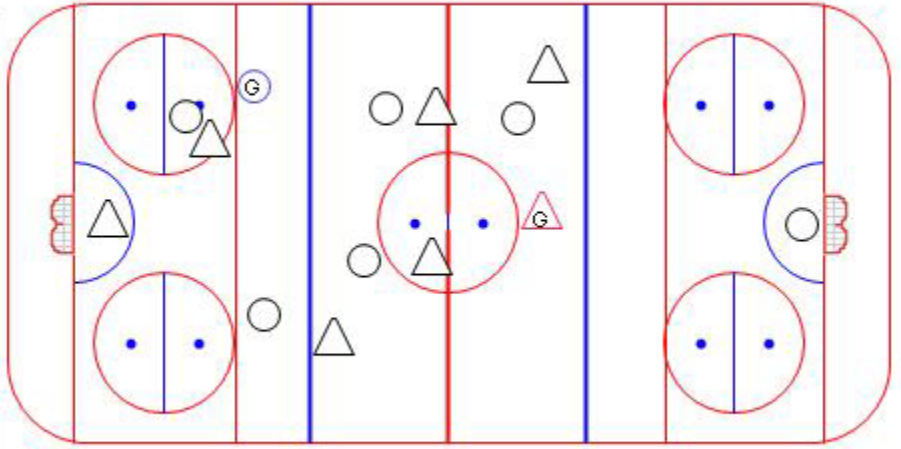
Spread the athletes out and run the relay down the full length of the ice.

Games #13 Sockette

Title : Sockette **Content elements:** _____ **Components :** _____

Description

Split your athletes into two even teams. A skater must play in net and goalies must play "out". The athletes use their ringette sticks (and goalie sticks) or their feet to move a soccer ball around the ice. The goal is to score on the net. For younger athletes, use 2 balls.



Key Points :

Purpose

Fun! This game works very well as a warm-up.

Games #14 Ring Scramble


Title: Ring Scramble

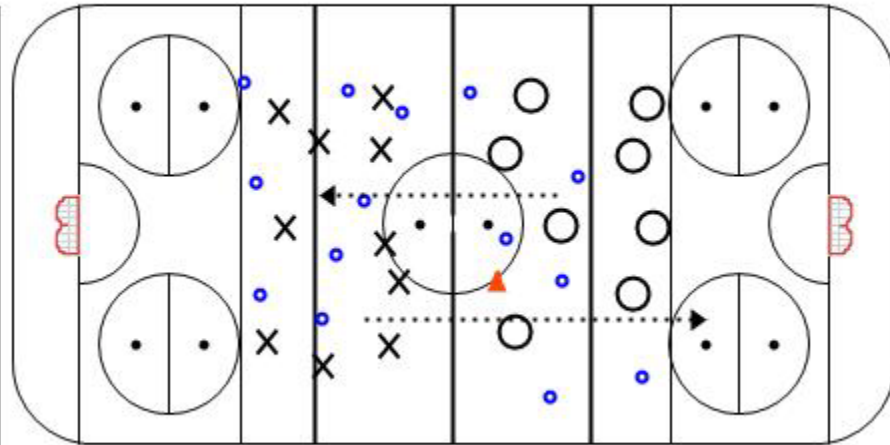
Content elements:

Components :

Description

On the whistle, teams fire rings across the center red line one at a time. The coach ends the game by blowing her whistle and the team with the fewest number of rings on their side wins. Note: athletes cheat by firing more rings after the final whistle!

This game works on passing speed and accuracy. Also, athletes get very excited about having a "bonus" item  that is worth 3 rings - for example, a rubber chicken! Athletes must move the bonus item by firing rings at it and the team that ends up with that item on their side adds 3 rings to their total.



Key Points :

Purpose

In this game your athletes perfect their ability to shoot a ring hard and accurately.

Variations

As mentioned above, include a special object that is worth 3 points. By telling the athletes they can only move that object by hitting it with a ring, you really ask them to master their ability to hit a moving target.

Skating

Sam Jacks invented the sport of ringette to highlight the strengths of female athletes.

He saw these strengths as: finesse, speed, and teamwork.

The rules of ringette truly do call for athletes who can skate and play the game at top speed. For this reason, skating is arguably the “mother skill” of ringette.

Getting your athletes jazzed about skating can be one of the toughest jobs for a coach during practice.

The drills in this section are meant to keep skating practice high paced. With the variety of skating drills you now have at your disposal your athletes won't get bored of doing the same old thing.

I recommend to coaches that their practices average (over the course of the season) at least 30% skating. It is particularly important to focus on skating at the beginning of the season.

Spend the first few months building up your athletes' conditioning and working on their skating fundamentals (for younger athletes focus solely on technique, not conditioning).

For the remainder of the season, set a goal to maintain their fitness at optimum level and constantly improve their skating efficiency.



Skating #1 10, 20, 30

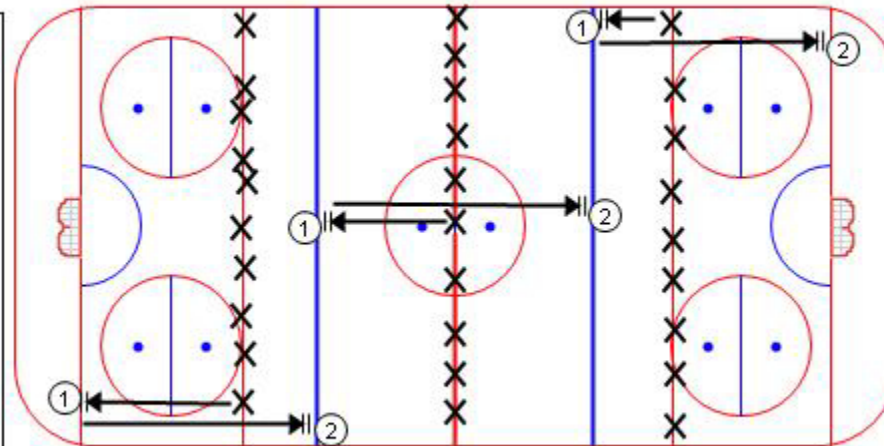
Title : 10, 20, 30

Content elements:

Components :

Description

Split athletes into 3 groups and line them up as shown in the diagram. On the whistle, they skate in direction ① then direction ② (i.e., they skate to the line to the left of them then to the line to the right of them). On the first whistle, they have 10 seconds to see how many reps they can do. Blow the whistle after 10 seconds and give them a 10 second rest. On the next whistle they skate the same patterns for 20 seconds; followed by a 20 second rest; on the next whistle 30 seconds; followed by a 30 second rest; on the next whistle 20 seconds; then finish with 10. They go 10-20-30-20-10.



Key Points :

Purpose

This is a conditioning drill that will challenge your athletes to maintain an efficient skating stride while they're tired. Watch for athletes who start to stand up and lose all their power when they get tired. Encourage those athletes to get lower, slow down their stride, and lengthen it.

Variations

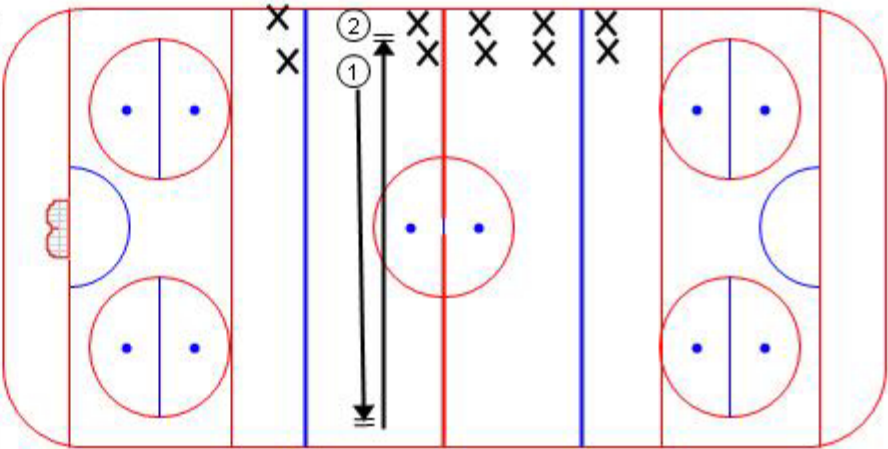
Vary the length of time based on your athletes' age and physical capabilities.

Skating #2 Board Rushes w/ Hold-ups

Title : Board Rushes with Hold-Ups **Content elements:** _____ **Components :** _____

Description

Athletes work in pairs. On the whistle, X1 skates to the far boards and back as quickly as she can. While X1 is skating, X2 "jumps" up onto the boards and supports herself using upper body strength. When X1 gets back, the two switch roles. This continues to a certain number of boards rushes. E.g., on the final repetition, each athlete skates to the far boards and back 4 times and their partner must support themselves the whole time. You can substitute push-ups or sit-ups for "board hold-ups".



Key Points :

Purpose

This is a conditioning drill which works on both cardio fitness and upper body strength.

Variations

Change the strength activity from board hold-ups to push-ups, sit-ups, or mountain climbers.

Skating #3 Change of Direction

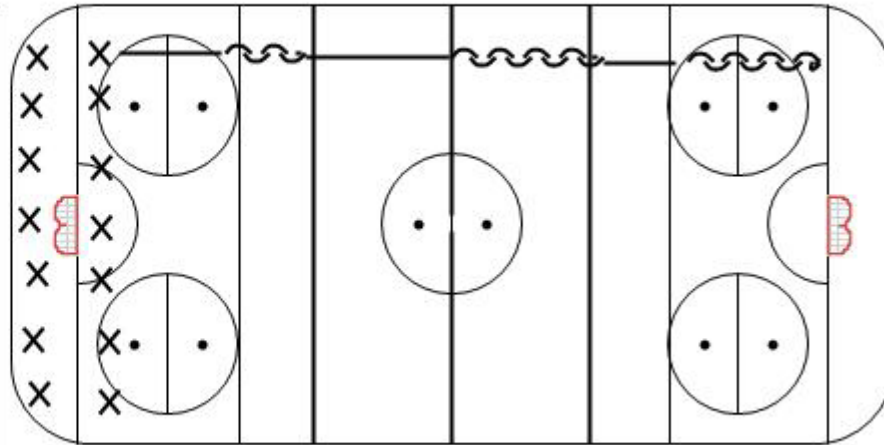
Title: Change of Direction - waves Content elements: _____ Components : _____

Description

Athletes skate in waves, changing directions (forward to backward or backward to forward) on each line.

1st Progression: 2-foot pivot (scrape the ice)

2nd Progression: mohawk (you might want to walk through this first)



Key Points :

Purpose

This is a “technique” drill which teaches the athletes to pivot without losing speed. The trick is to change directions without scraping the ice at all.

Skating #4 Edges Challenge

Title: Edges Challenge **Content elements:** _____ **Components :** _____

Description

Each athlete completes the "course" 2 or 3 times. Tell athletes this is a true test of their balance and comfort on their edges.

For advanced athletes, challenge them to do it twice forward and twice backward.

Key Points :

Purpose

This is a technique drill which asks your athletes to push their limits on their edges. Advanced athletes will be challenged to complete the course outlined above.

Variations

For beginner athletes, substitute these moves for more basic agility moves like bubbles, 2 foot skiing, and the airplane glide.

Skating #5 Edges on the Line

Title : Edges on the line

Category #1 : Coaches

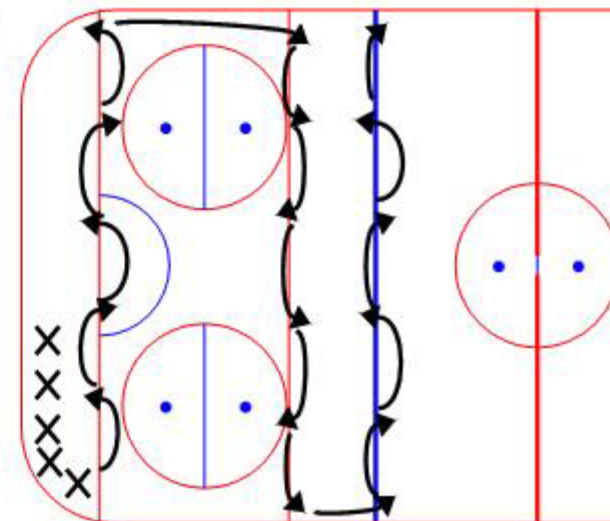
Category #2 : Skating

Description

Athletes line up in the corner and skate along the goal line, ringette line, and blue line. The first 2 times through they skate on their outside edges only. The next 2 times through they skate on their inside edges only.

Once the athletes are comfortable, give them the following challenges:
Make as much noise as they can each time they cut
Stay on their edge as long as possible (make the biggest cut they can)

Key points:



Purpose

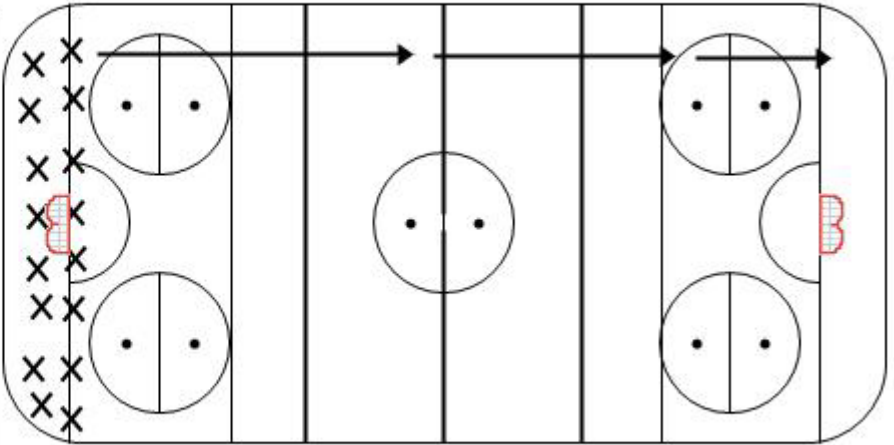
This is a technique drill that introduces your athletes to their edges (flat edge, outside edge, and inside edge) and challenges them to become more comfortable on all of them. Younger athletes take some time to just figure out which edge is which. Older athletes need to be challenged - e.g., get as far over on the edge as you can or stay on the edge for as long as possible.

Skating #6 Fewest Pushes Challenge

Title : Fewest Pushes Challenge **Content elements:** _____ **Components :** _____

Description

Split athletes up into two or three waves. In waves, the athletes try to get from goal line to goal line using as few pushes as possible. (They'll try to cheat by using their arms or "wiggling" between strides.) This challenge forces them to use their most powerful stride possible.



Key Points :

Purpose

This is a technique drill. The fewest pushes challenge forces athletes to use their most powerful and efficient stride. As mentioned above, watch for cheating!

Skating #7 Freeze Drill

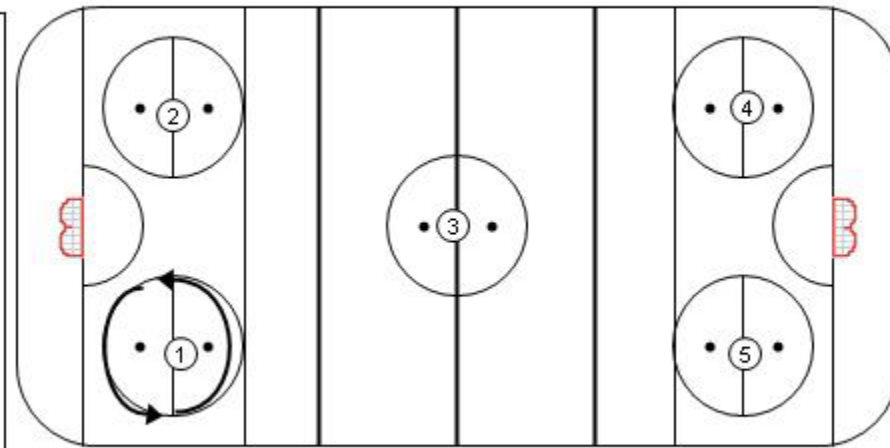
Title : Freeze Drill

Content elements: _____

Components : _____

Description

Split your athletes up into 5 groups. On the first whistle, athletes begin doing cross-overs at 50% speed. On the 2nd whistle, athletes "freeze" on whichever foot (edge) they are on - inside or outside. The challenge is to see how long they can glide on that edge without having to put their other foot down. On the next (double) whistle, they change directions and continue with 50% speed cross-overs. Repeat the "freeze" challenge 5 - 6 times.



Key Points :

Purpose

This is a technique drill. It helps the athletes improve their edges and crossover technique.

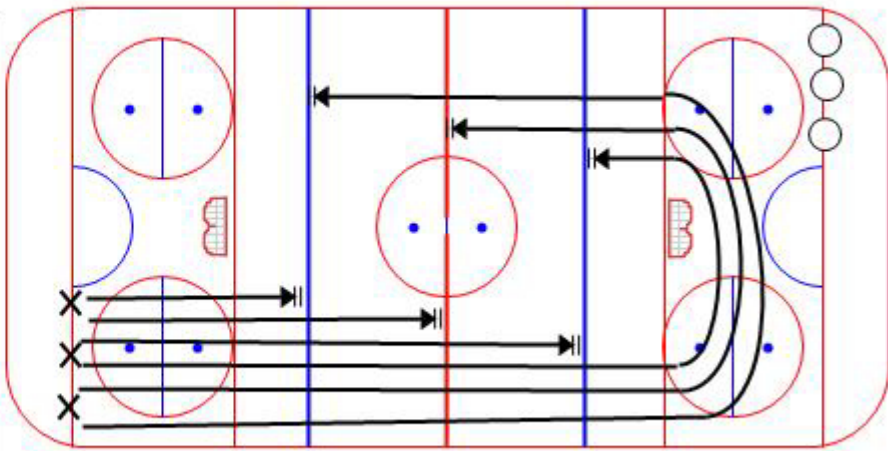
Skating #8 J Drill

Title : J Drill **Content elements:** _____ **Components :** _____

Description

Split your athletes up into two groups (X's and O's). They start on the whistle. They skate to the near blue line and back, center line and back, far blue line and back, around the net to the blue line and back, around the net to the center line and back, around the net to the far blue line and back.

Variations: in partners - one partner does mtn climbers or sit ups while the other partner skates; add the ringette lines so the athletes do 4 more skating reps.



Key Points :

Purpose

This is a conditioning drill which will dramatically improve your team's cardio fitness.

Variations

Run the drill using partners. Run the drill from one corner only. Ask the athletes to stop on more lines or fewer lines than shown in the diagram.

Skating #9 Full Ice Mountain Drill

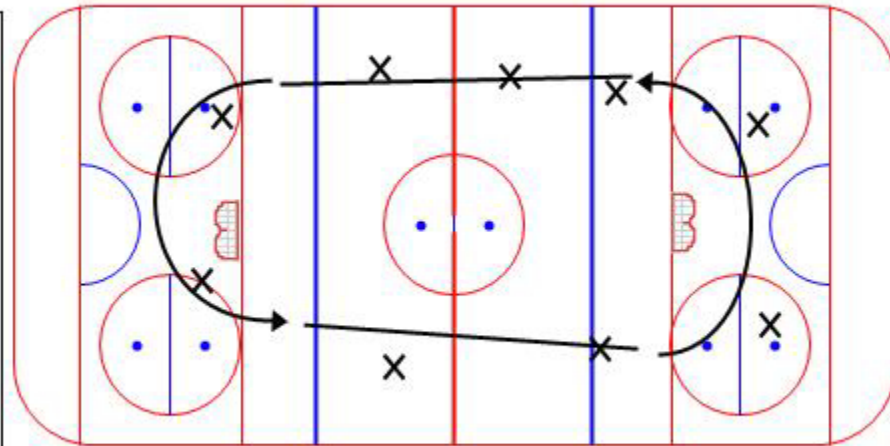
Title : Full ice mountain drill

Content elements:

Components :

Description

Athletes skate around the nets (or in a butterfly pattern). They start out skating at 40% speed. On each whistle they change their speed as follows: 60% - 80% - 100% - 80% - 60% - 40%. The focus is on stride length. (Blow the whistle every 10 - 12 seconds). They should start with their longest, most efficient stride and try to maintain that, particularly when they are tired. At the end, give the athletes a 1 minute break and repeat once in the other direction. Goalies can participate or work with the goalie coach in an end.



Key Points :

Purpose

This is a conditioning drill. Challenge your athletes to stay low and to use a long, efficient stride even when they are tired.

Variations

Change the % so your athletes are working harder through the entire drill.

Skating #10 Shadow Stopping Challenge

Title: Shadow Stopping Challenge **Content elements:** _____ **Components :** _____

Description

Split athletes up into teams of 4-6. They line up on the goal line in pairs (within their team). On the whistle, the first pair race to the ringette line and see who can stop the quickest (leaving the shortest mark). They wait in the "toilet position". On the next whistle, they race to the red line and the first pair starts (races to the ringette line). Continue to the ringette line and, finally, the goal line. Each time, the athletes check to see who left the shortest mark, then challenge each other to see who can have the quickest start. *Athletes face each other when they stop. Have them stay on the same side so they stop on a different edge on the way back.*

Key Points :

Purpose

This is a technique and conditioning drill. The shadow stopping challenge forces challenges athletes to stop on a dime and not come out of their basic stance after they stop.

Skating #11 Snake and Race Challenge

Title : Snake and Race Challenge

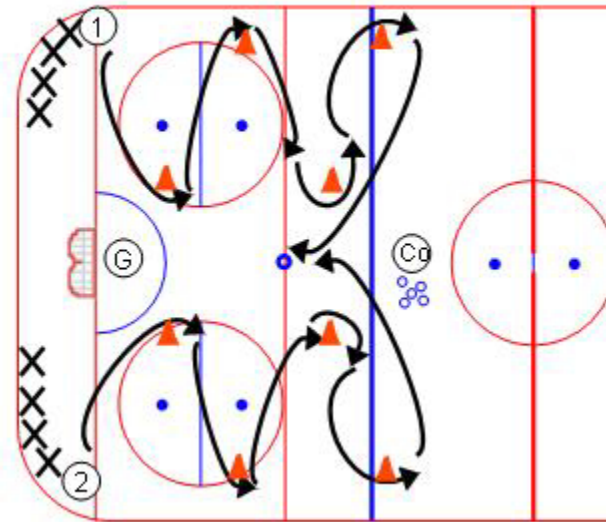
Category #1 : Coaches

Category #2 : Shooting

Description

X1 and X2 start on the whistle. They skate through the pylon course and race for the ring placed in the middle by the coach. The winner takes a shot on net, the loser chases to the bitter end!

* Run in both ends with a third station in the middle. *



Key points:

Purpose

This is a conditioning drill which forces your athletes to improve their acceleration and agility.

Variations

You can run any number of “obstacle courses” and turn them into a race for the ring. Have the athletes skate forward or backward, stop and start, do tight turns, etc.

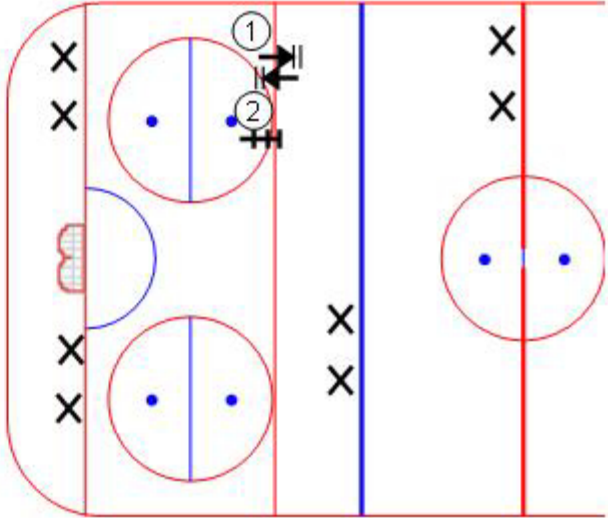
Skating #12 Speed Challenge

Title : Speed Challenge **Category #1 :** Coaches **Category #2 :** Skating

Description

Athletes work in pairs and line up next to a line on the ice. On the whistle, X1 starts doing stops and starts over the line (quick stride, stop, quick stride, stop, etc.). Meanwhile, X2 does knee touches where she tries to rotate touching left knee, right knee, etc. to the ice as quickly as possible. On the next whistle (after about 10-15 seconds), athletes switch roles. The next whistle is a double whistle and they get a 10-15 second rest then they begin again. Repeat 3 - 4 times.

Key points:



Purpose

This is a conditioning drill which trains your athletes' quick twitch muscle fibers. This is a great way to improve your athlete's acceleration / speed.

Skating #13 Star Drill

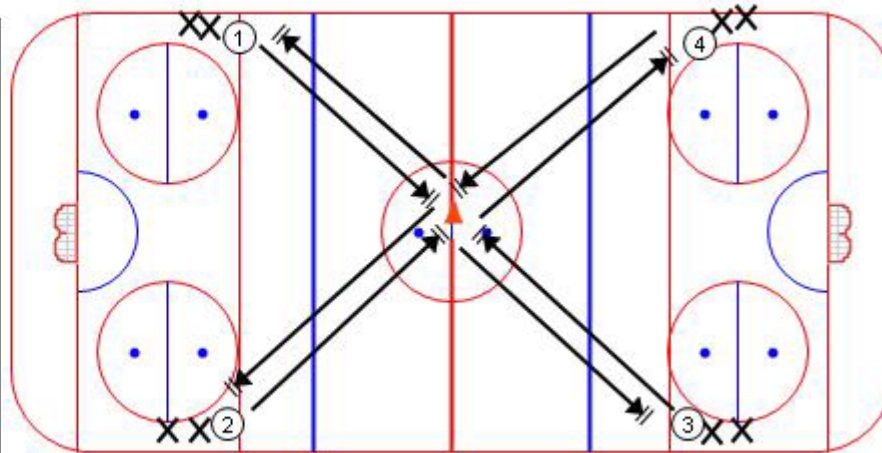
Title : Star Drill

Content elements: _____

Components : _____

Description

Split your athletes into 4 even teams. On the whistle the first player in each line skates the star pattern shown to the right. When she gets back to where she started, the next person leaves.



Key Points :

Purpose

This is a conditioning drill which should really test your athletes' fitness.

Variations

Send the next athlete in line sooner (e.g., when the first person from her line gets to the 2nd pylon).

Skating #14 Tamara's Lap Drill

Title : Tamara's Lap Drill

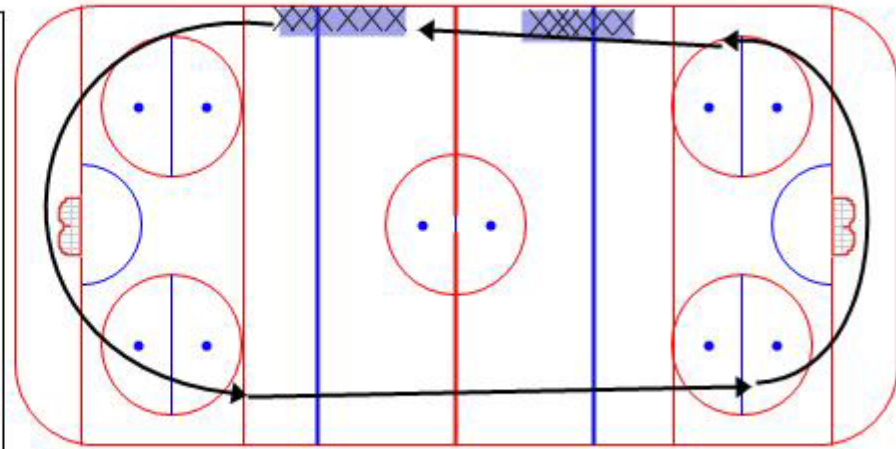
Content elements: _____

Components : _____

Description

Split your athletes into 2 even groups. Athletes start in the players' benches. Designate one gate the "out gate" and one gate the "in gate". On the whistle, the first player in each gate steps out the "out gate", does one lap at full speed and comes in the "in gate". The next athlete in line leaves on your whistle. The drill is continuous. You decide how hard your athletes work by blowing your whistle more or less often.

Variations: Switch directions, athletes skate backwards



Key Points :

Purpose

This is a conditioning drill which will improve your team's fitness.

Variations

Blow the whistle more or less quickly to change the degree of difficulty.

Skating #15 Three Woman Tight Turn Drill

Title: Three Woman Tight Turn - A

Content elements: _____

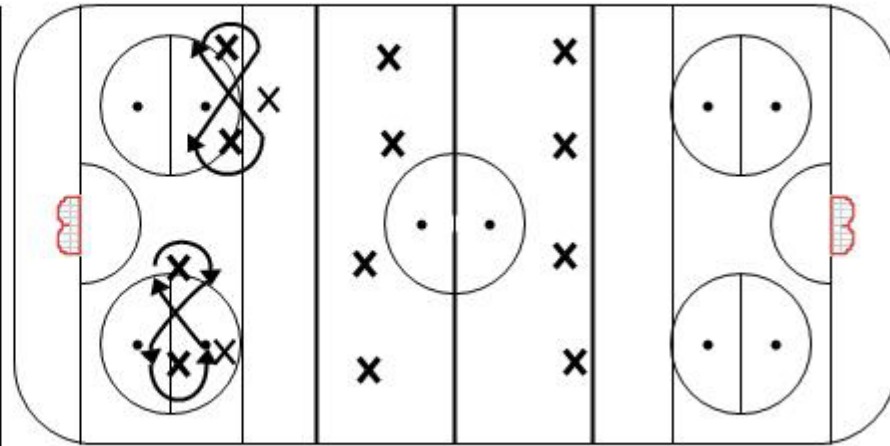
Components : _____

Description

Players get in groups of three. Two players line up across from each other. The third player is doing tight turns in figure-eight pattern around them.

- a) Standing up at the end of the turn
- b) Staying low throughout
- c) Advanced - Backwards!

Athletes switch after every 3 figure-eight patterns.



Key Points :

Toilet vs. Flower

Purpose

This is a technique and conditioning drill which improves your athletes' tight turns and acceleration.

Variations

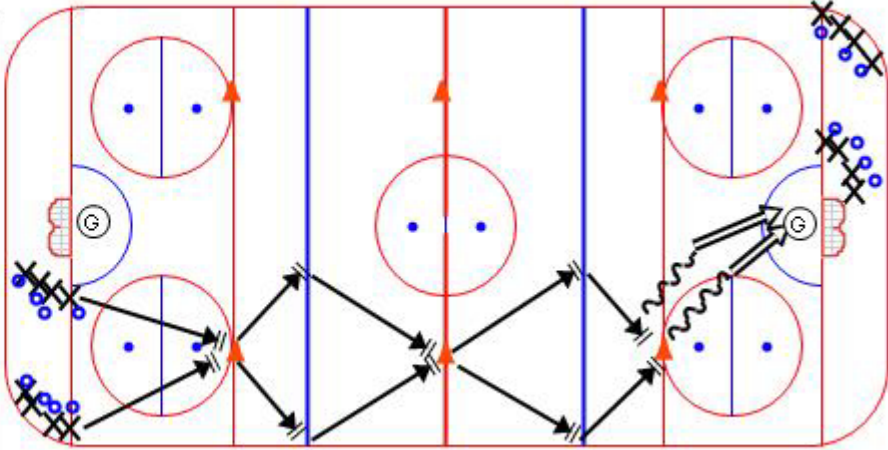
Make the athletes closer together or further apart.

Skating #16 The Zig Zag Drill

Title : Zig Zag Drill **Content elements:** _____ **Components :** _____

Description

Two lines in each corner. Two athletes start at the same time and skate the pattern shown to the right. They finish the drill with a shot **MAKING SURE NOT TO SHOOT AT THE SAME TIME**. They then join the next lines (in the opposite corner). On one side of the ice they do this drill in the "Mess position". On the other side of the ice they do it in the "Toilet position". The focus is on stride efficiency, speed, and acceleration.



Key Points :

Purpose

This is a conditioning drill. Ensure your athletes are coming to a full stop and that your goalies are warmed up before you run this drill.

Flow Drills

This section contains drills that we call “Flow Drills”.

A flow drill is something that gets your athletes skating and moving the ring at high speeds. A flow drill typically works on a number of skills at once.

Use these drills to:

- Increase the pace of your practice
- Improve your athletes’ conditioning in a fun environment (they won’t even know they’re working on their fitness!)

When you run these drills you could focus on any number of skills. It’s fine to just run through these drills and let your athletes enjoy the pace and competition.

You may also want to give the athletes a specific focus before the drill.

For example, you might say, “In this drill, I want to see the forwards doing whatever it takes to get to the Hot Spot. Defenders are focusing on gap control and pushing the forward away from the front of the net. Let’s see some battles!”

This kind of focus increases the chances that your athletes will practice deliberately and see skill improvement as well as conditioning.

Also, don’t forget your goalies. Are they getting enough shots? Are the athletes spread out enough so goalies aren’t getting two shots at a time?



Flow Drills #1 Three Woman Weave

Title: 3-Woman-Weave

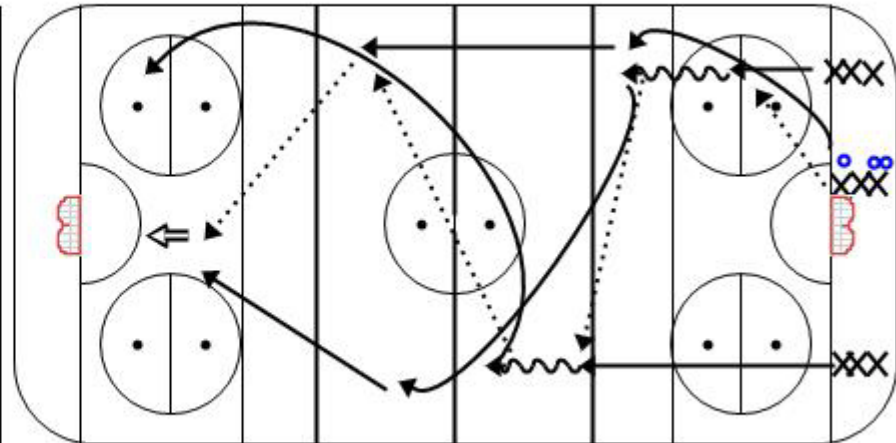
Content elements:

Components :

Description

Rings start in the middle line. The first girl in the middle line passes to one of the outside lines and follows her pass. After this, each player follows the same pattern: receive the ring, pass to the opposite outside lane, follow your pass. The player with the ring in front of the far net shoots and all 3 athletes hustle back into line (or wait in the far end).

* The next group of 3 leaves when the first 3 hit the blue line.



Key Points :

Purpose

The purpose of this drill is to work on accurate lead passing while skating at top speed.

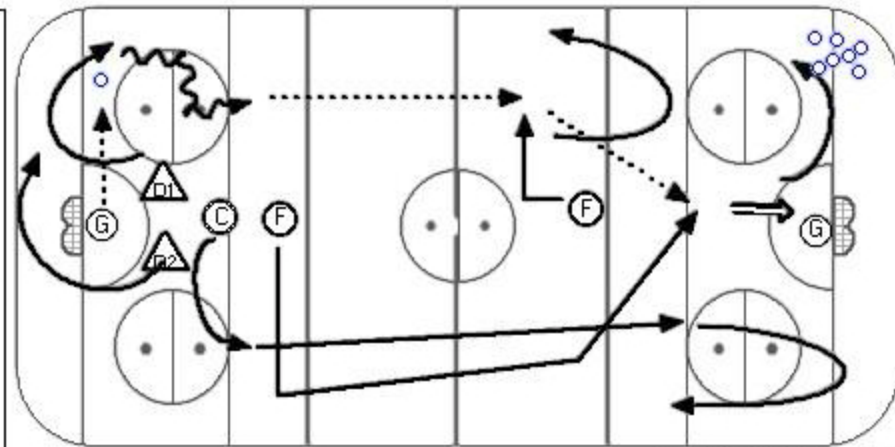
Flow Drills #2 5 on 0, 3 on 2

Title: 5 on 0, 3 on 2

Description

On the whistle, all 5 players break up the ice as a team and end with a break-away shot. After the shot, the center and forwards pick up one ring and break back down the ice against the defence (3 v. 2). The drill ends when the forward line gets a shot on net or when the defence turn the ring over. The next 5 players are ready and jump in right away.

* Once the players are running the drill with flow, you can add people to mark (anywhere between 2 and 5 at a time) while the 5 players break out. These markers drop out of the drill at the far blue line.



Purpose

This is the classic flow drill. Use it to perfect your team's breakout and to inject some pace into your practice.

Variations

Add athletes to mark during the breakout. The markers drop off at the far blue line.

Flow Drills #3 Figure 8 Passing

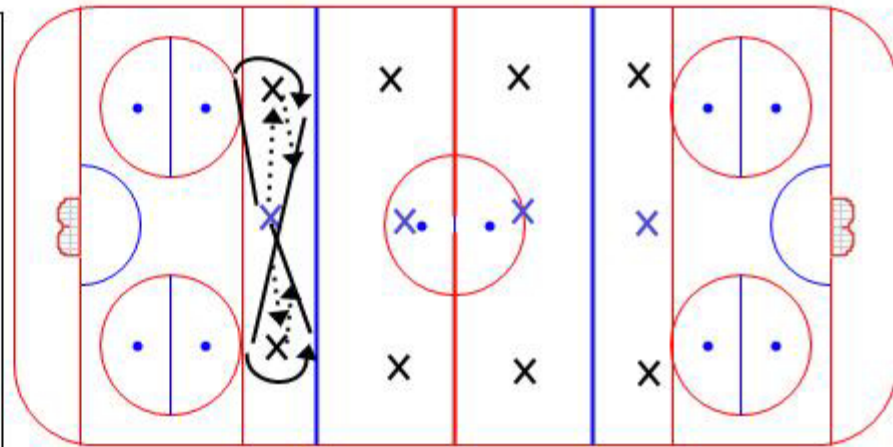
Title : Figure 8 Passing

Content elements: _____

Components : _____

Description

Athletes work in groups of 3. X1 starts in the middle of the ice. She passes to one of her partners then skates around that partner, doing a tight turn. She gets a short return pass from her partner and skates diagonally across the ice. She gives her 2nd partner a pass from 8 - 10 feet away. She skates around her other partner in the opposite direction and receives a return pass. The athlete continues in this figure 8 pattern until the whistle (about 20 - 30 seconds). They rotate until each player has gone twice.



Key Points :

Purpose

This drill works on skating, pass accuracy and receiving the ring.

Flow Drills #4 1v1 out of the corner

Title : 1v1 out of corner, get to middl

Category #1 : Coaches

Category #2 : Ring Protection

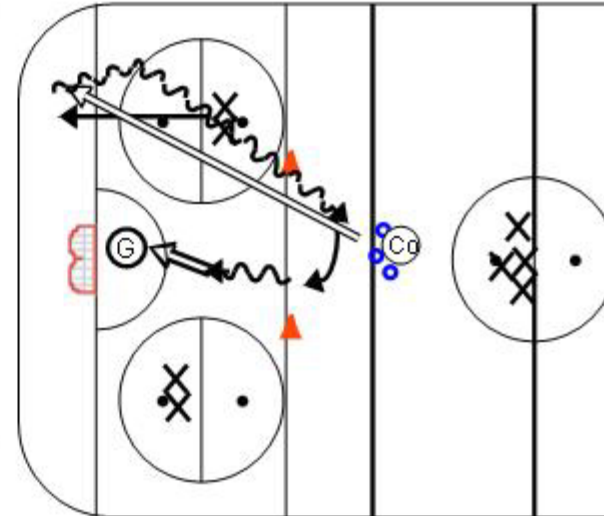
Description

Two athletes start at about the hashmarks.
The coach passes a ring into the corner and it's a 1 v. 1 out of the corner staying on your half of the ice. The ring carrier must exit the zone through the two pylons; the non-ring carrier is trying to turn the ring over. Whoever succeeds at their job goes in for a breakaway shot on net.
Run in 2 - 4 corners depending on numbers.

Once the first 2 are done, the next 2 go in a different corner, etc. Next 2 need to be ready to go right away!

Key points:

speed



Purpose

This is a flow drill designed to improve your defenders' ability to carry the ring under pressure and to improve your team's forechecking.

Variations

Use the pylons in the middle to force your defenders to get to the middle of the ice. Remove the pylons for younger athletes who need to just get the hang of the drill

Flow Drills #6 Full Ice Horseshoe

Title: Full Ice Shoe

Content elements:

Components :

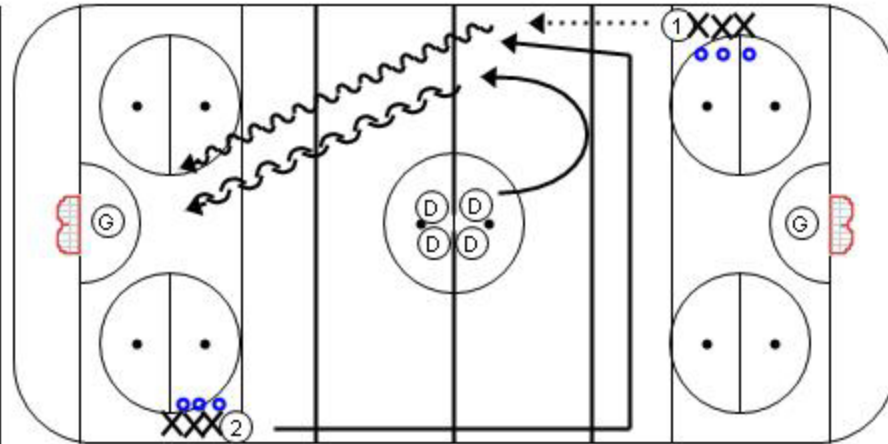
Description

X2 and X1 leave at the same time. They skate straight up the ice, across the far ringette line, and receive a lead pass from the next person in line.

(Optional) Meanwhile, a defender steps out of the middle circle and picks up the offensive player. Once the offensive player receives the ring, it becomes 1 v 1.

* The next person in line leaves right after she passes.

* For a 2 v. 1, 2 people leave from each line at the same time OR the passer joins the ring carrier after she makes the pass. The defender's role stays the same.



Key Points :

Purpose

This drill gets your athletes skating at top speed. You can focus on lead pass accuracy, picking up the ring, shooting from the Hot Spot, or defending.

Variations

2v0, 1v1, 2v1. Two athletes leave at once or the passer joins the person she just passed the ring to. Add defence in the middle if you want to make it a 2v1 or 1v1.

Flow Drills #7 Full Ice Head On Passing

Title : Full Ice Head On Passing **Content elements:** _____ **Components :** _____

Description

Lines in all 4 corners. X1 and X3 leave on the whistle. They skate around the circle and straight up the ice. They make a "head on pass" to each other before the center red line. If they miss the pass they pick a ring up from the pile in the middle of the ice. AS SOON as X1 and X3 are around the first circle, the instructor blows her whistle and X2 and X4 leave and skate the same pattern.

Key Points :

Purpose

The full ice head on passing drill asks your athletes to pick up a ring while skating towards it at top speed. This is one of the most difficult skills in ringette.

Flow Drills #8 Jack Lewis Drill

Title : Jack Lewis drill

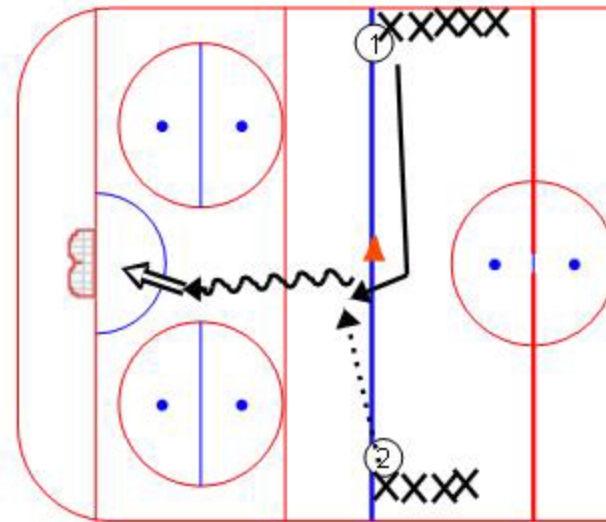
Category #1 : Coaches

Category #2 : Shooting

Description

Run in both ends. X1 starts the drill by skating laterally across the blue line and cutting around the cone. X2 gives X1 a lead pass just over the blue line. X1 drives in for a shot from the Hot Spot. X2 leaves right after she passes and skates the same pattern.

Key points:



Purpose

The purpose of this drill is to work on accurate lead passing.

Flow Drills #10 Kentucky Derby

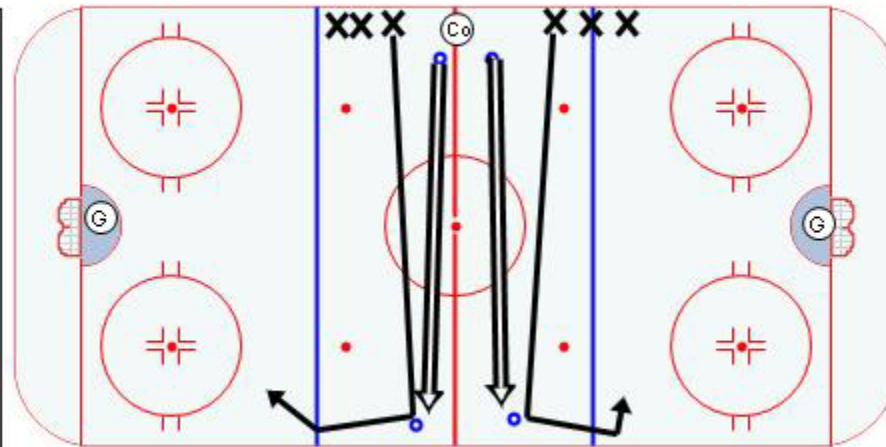
Title: Kentucky Derby

Content elements:

Components :

Description

Players are in the bench. Drill starts when Instructor shoots 2 rings across from where she is standing. First 3 on each team race to their respective rings. The 2 teams are racing against each other. The first team to get a shot on goal and race back over the center line wins. However, they can't shoot until all 3 players have touched the ring. As soon as the first team is back over the center line, they get their point and the instructor shoots 2 more rings across the ice. Play for a certain amount of time or up to a certain # of points. For advanced players change it from taking a shot to scoring a goal.



Key Points :

Timing Game

Hot Spot Cond.

Purpose

The purpose of this drill is to focus on passing and goal scoring. The competition will drive your athletes to work that much harder.

Variations

The task can be to take a shot from the Hot Spot or to score (for older athletes).

Flow Drills #11 Modified German Checking Drill

Title : Modified German Checking Drill **Content elements:** _____ **Components :** _____

Description

Run drill from both corners. Drill starts when the coach passes a ring out from the middle of the circle. X1 and X2 race for the ring. The skater who gets the ring drives in for a shot on net. The other skater chases the whole way. Meanwhile, a D jumps out from the blue line (she times it as she likes) and channels the ring carrier away from the Hot Spot. The chaser is working on checking, the D is working on channelling, the ring carrier is working on doing "whatever it takes" to get to the Hot Spot. * If the drill needs to be more smooth, tell the chaser to stop at the far blue line and join the back of the next line. *

Key Points :

Purpose

This drill focuses on skating speed, checking, and driving to the Hot Spot.

Flow Drills #12 Newton's Box

Title: Newtons Box **Content elements:** _____ **Components :** _____

Description

x2 and x3 skate out and receive a lead pass from the lines across from them (x2 receiving from x1 and x3 receiving from x4). They skate around the top of the middle circle and take a shot on net.

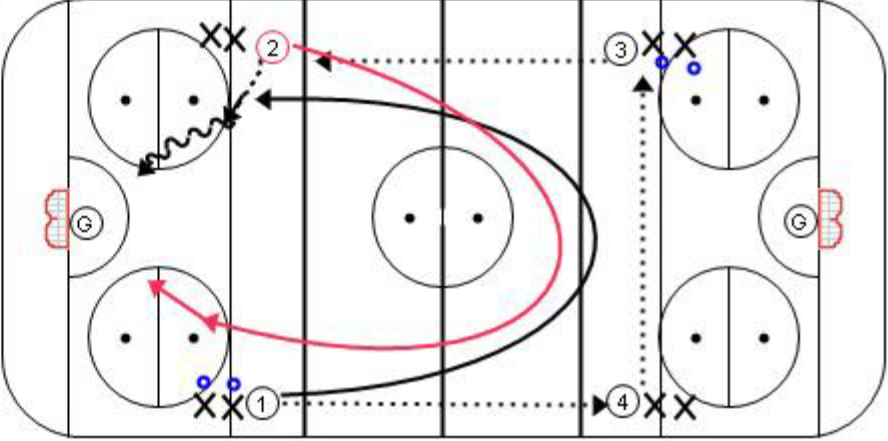
Once the first person hits the blue line the next person goes.

Key Points : Lead Passing Hot Spot

Purpose

Newton's box is a full ice drill that requires your athletes to make lead passes and receive the ring at top speed. It's also fairly complicated so it demands that your athletes THINK while they execute. This is a huge bonus of complex flow drills.

Flow Drills #13 Round the Horn Regroup

Title : Round the Horn Regroup	Category #1 : Coaches	Category #2 : Lead Passing		
Description				
<p>Players line up behind the blue lines at all four corners. Lines 1 and 3 have rings. X1 starts the drill by passing to X4. X4 passes to X3, X3 to th X2 line. While the players in line are passing the first player in the X1 and X2 lines skate around the center circle. The 2nd person in the X2 line passes back to X1 and it becomes a 2v0. If your athletes are really on the ball, run this simultaneously in both ends: X4 and X3 skate 'round the horn' just like X2 and X1 - heads up!</p> <p>Passers are second in line and will receive 2 passes until it is there turn to skate.</p>				
Key points:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Purpose

Like with Newton's box, this drill asks your athletes to think! Run this drill with Tween A athletes and above only.

Variations

Run it from all 4 corners at a time (so X3 and X4 start at the same time as X1 and X2).

Flow Drills #14 Shoot, Defend, Chase

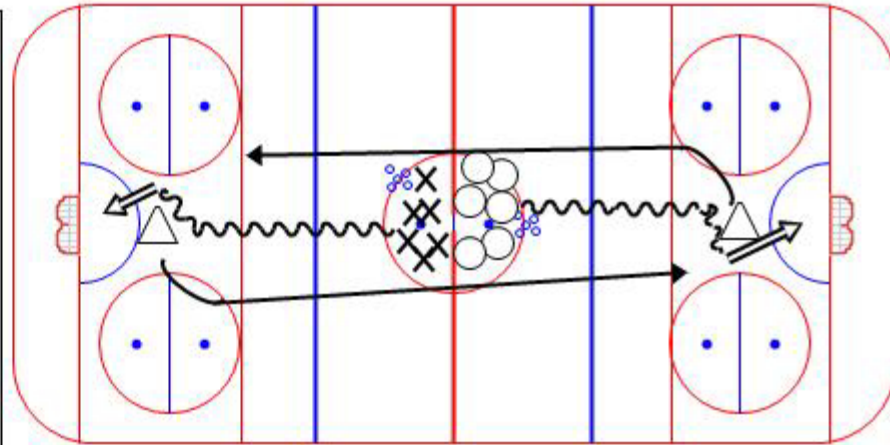
Title : Shoot, Defend, Chase

Content elements:

Components :

Description

One \triangle starts as D in each end. The drill starts on the whistle. \times and \circ leave at the same time and have 10 seconds to score 1v1 (against the defender). On the next whistle, the shooters become the defenders. The people who started as defence now chase to the far end and can start checking if the ring carrier hasn't score by the time they arrive. The rotation is: shoot, defend, chase. The coach keeps the drill going by blowing the whistle every 10 seconds.



Key Points :

Purpose

This drill focuses on offensive finish and defending. Adding the chaser forces the ring carrier to bury her scoring chance quickly.

Shooting

This section contains drills that focus primarily on shooting.

These drills benefit your skaters (goal scorers in particular) as well as your goalies.

Too many athletes “go through the motions” in shooting drills. That is, they don’t bring the focus that every shot they take is a chance to polish their goal scoring skills.

Before you start a shooting drill, remind your forwards that it’s their job to see the mesh and bury the ring in the back of the net. Encourage them to view the drill as a chance to become a better goal scorer.

Keep your goalies in mind during the drill. Sometimes the shooters run the drill so quickly that goalies are getting 2 shots at once. If you see this, stop the drill, correct the athletes and start the drill again.

As a reminder, athletes shouldn’t deke until the goalies are warm. Also, we recommend doing a slightly more stationary shooting drill as a goalie warm up sometime during the first 10 or 15 minutes of practice.



Title : 1 on 1 - screen shot

Description

****Drill starts on the whistle.**

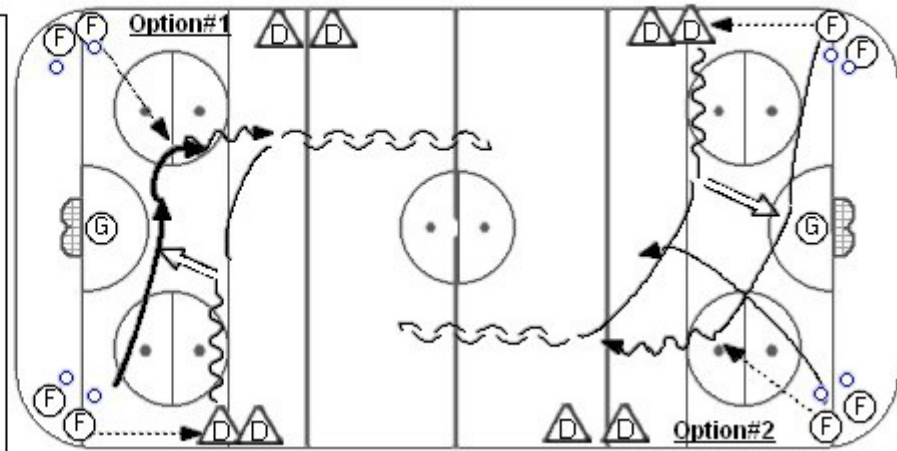
Both ends at the same time.

Option#1: 1 on 1

On the whistle, the (F) makes a pass to the (D) and goes to the net for a screen / rebound. The (F) receives a pass from the corner for a 1 on 1.

Option#2: 2 on 1

The second (F) follows the pass.



** made with DrillDraw **

Purpose

This drill works on screen shots and 1v1 situations. Goalies should work on fighting through the screen to get a good view of the shot. Shooters are working on accuracy and getting to the Hot Spot.

Variations

2v1 - the passer joins the rush.

Shooting

#2 Four Lane Shooting w/ Chaser

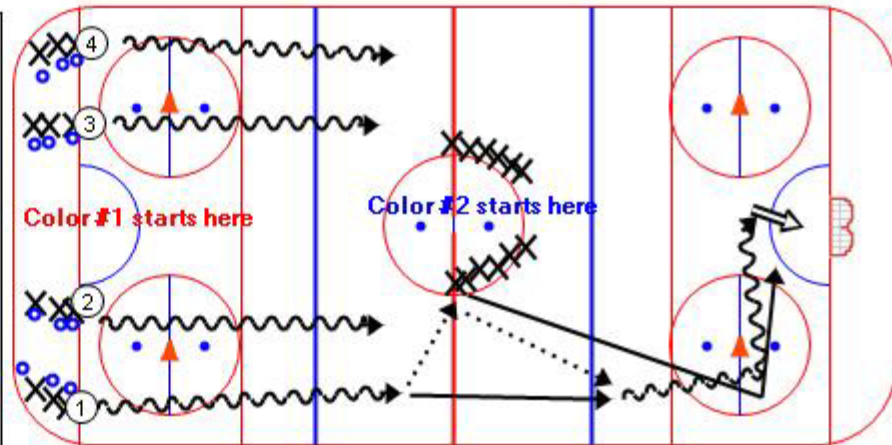
Title : 4 Lane Shooting w/ Chaser

Content elements: _____

Components : _____

Description

FOCUS: HOT SPOT. X1 starts; She skates up ice and does a give/go with an athlete in the middle. After the passer gives the ring back to X1, she chases her. X1 gets the ring back over the blue line, drives around the pylon and shoots from the hot spot (no dekes but athletes can use "patience"). When X1 hits the first ringette line, X2 leaves and does the same thing. When X2 hits the first ringette line, X3 leaves and skates the same pattern on the far side; then X4, etc. Start with one color in the middle circle and the other color shooting. After everyone has gone, switch the colors and run again starting from the other end.



Key Points :

Purpose

This drill works on picking up the ring and finishing scoring chances under pressure.

Title : Ali's Polo Drill

Category #1 : Coaches

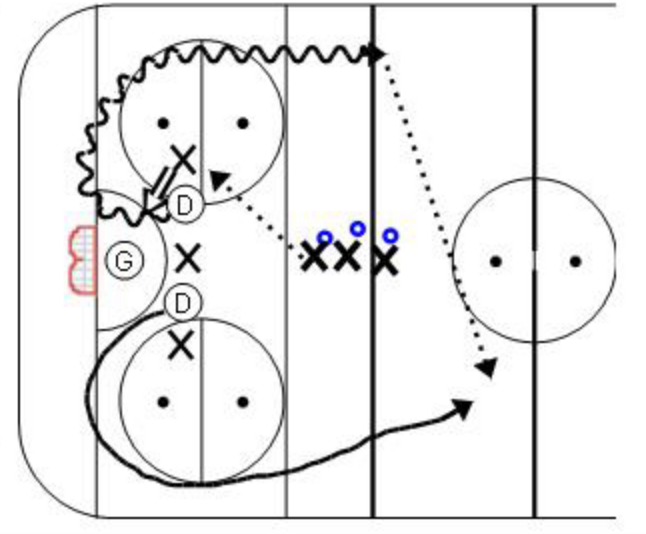
Category #2 : Defense

Description

3 Forwards (X's) line up in a line across the crease with 2 Defense between them. The first girl in the line of Xs can pass to any of the 3 Xs in a line. As soon as the pass is made, X shoots, While the D is trying to prevent a goal. If there is a rebound anyone can grab it. If the goalie or the D get it, they are trying to break out of the zone while the X's forecheck. If the X's get it, they take another quick shot. The next five people jump into position after the D has successfully skated the ring out of the zone.

*The point of the drill to take quick shots, the Xs should not be skating with the ring after they receive it.

Key points:



Purpose

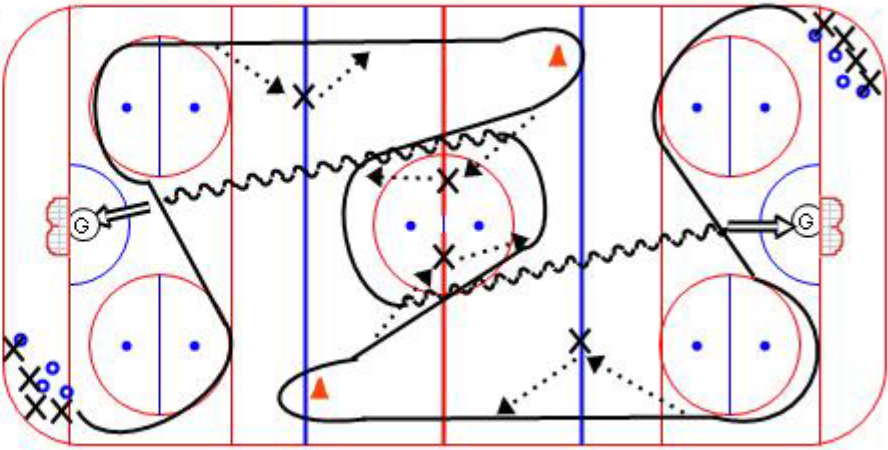
This drill works on stabbing the ring and releasing a quick shot under pressure.

Title : Ando's Drill **Content elements:** _____ **Components :** _____

Description

Athletes line up in both corners. They skate the pattern shown to the right and make 2 give and go passes along the way. This drill works on skating, receiving the ring, lead passing, and shooting from the hot spot. The next athlete in line can leave when the first athlete gets around the top of the circle.

* Athletes MUST keep their heads up to avoid collisions!
*



Key Points :

Purpose

The purpose of this drill is to get the athletes skating, passing, and shooting at high speeds. Remind your shooters to bury their chances rather than just going through the motions.

Title : Belgium 3 Shot

Category #1 :

Coaches

Category #2 :

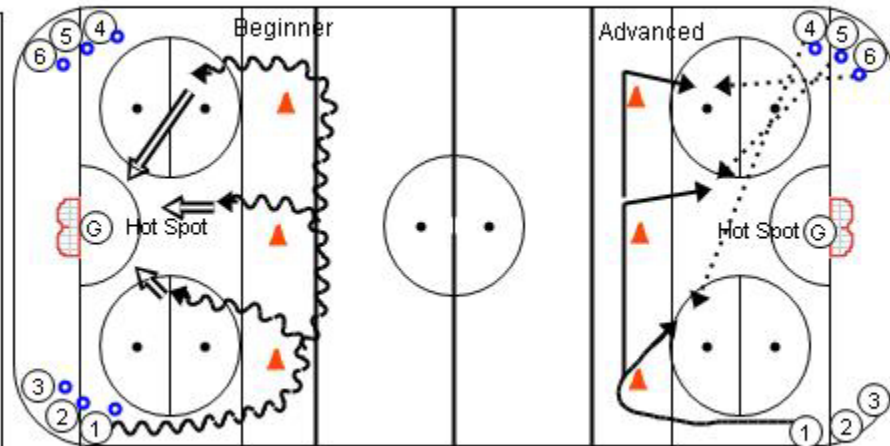
Hot Spot

Description

Beginner: All players begin with a ring. 1, 2, 3 leave at the same time. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. Drill ends with shots from each player. Once 3 is around the pylon, 4, 5, 6 follow same pattern from other corner.

Advanced: 1, 2, 3 leave without rings and skate around the pylons. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. 4 passes to 1, 5 passes to 2, and 6 passes to 3. After the last pass is made, 4, 5, 6 follow the same pattern and receive passes from 1, 2, 3

First Progression: shoot from outside hot spot, 2nd progression shoot from hot spot.



Key points:

Purpose

The purpose of this drill is to improve shooting accuracy and to train athletes to shoot from the Hot Spot.

Variations

Beginner - no pass & Advanced - with a pass.

Title : Breakaways with a chaser **Content elements:** _____ **Components :** _____

Description

X1 starts the drill by skating in over the blue line. She receives a pass from X2 who chases X1 right away. X2 is trying to pressure X1 and force her to take her breakaway at game speed. If X2 can check X1 she should.

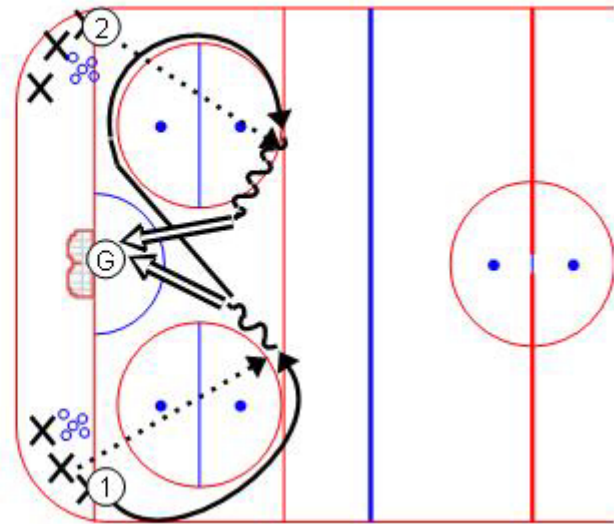
Run in both ends.

Key Points :

Purpose

The purpose of this drill is to learn to score on breakaways. Adding a chaser makes the breakaways “game-like” because a shooter doesn’t have time to slow down during a game.

Title : Figure 8 Shooting	Category #1 : <input type="text" value="Coaches"/>	Category #2 : <input type="text" value="Shooting"/>
Description		
<p>X1 starts the drill and skates around the top of the circle. She receives a pass from the next person in that same line. X1 drives to the slot and shoots and then carries on toward the next corner. She skates around the top of the circle and receives another pass from the next person in that line. X1 drives to the slot for a 2nd time and shoots. X2 leaves after she makes her first pass.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



Purpose

The figure 8 drill works on crossovers, picking up the ring, shooting accuracy, and shooting from the Hot Spot. Because the shooter is moving she should also notice where the open net is when a goalie has to move to keep up with the ring carrier.

Title : #12 Drill - coaches	Category #1 : Coaches	Category #2 : Shooting
Description		
<p>Run in all 3 zones. X1 skates behind the net, X2 skates just in front. They make quick, short, lead passes. X1 gives the ring to X2 either right before or right after she passes the net. X2 takes a one-time shot on goal. X1 then picks a ring up at the side of the net and drives to the Hot Spot for a shot. X2 plays D so it is a 1v1.</p>		
Key points:		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Purpose

The purpose of this drill is to finish scoring chances in close. Athletes practice “deceptive passes” in this drill because the goalie can try to intercept. If the ring carrier telegraphs her pass it won’t get through.

Title : One Timer Stations

Content elements: _____

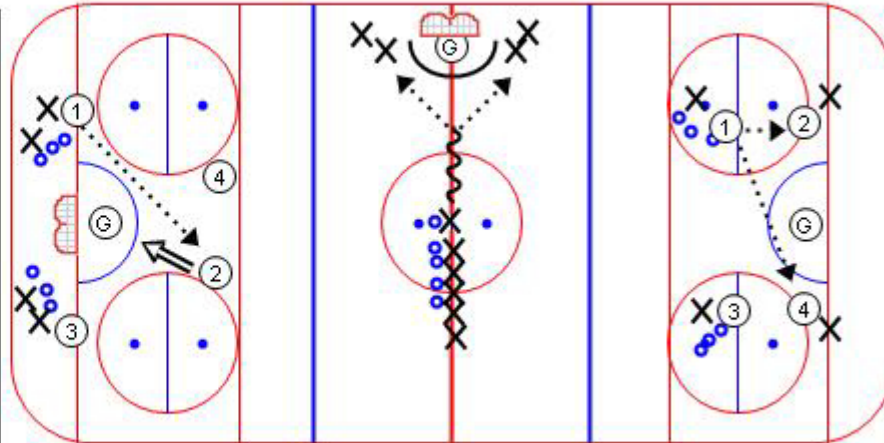
Components : _____

Description

1) X1 starts the drill by passing to X2. X2 takes a one time shot. X3 waits for the goalie to be in position then passes to X4, who takes a one time shot. Rotation is: 1 - 2; 2 - 3; 3 - 4; 4 - 1.

2) The first player in line drives at the net and dishes at the last moment to a player on the low post. The low post player stabs the ring and shoots.

3) X1 and X3 have the rings. X1 starts the drill by passing to X2 or X4. The low post player stabs the ring and one-times it. X3 waits for the goalie to get in position and then makes a pass to the low post. Athletes rotate between passing and shooting lines.

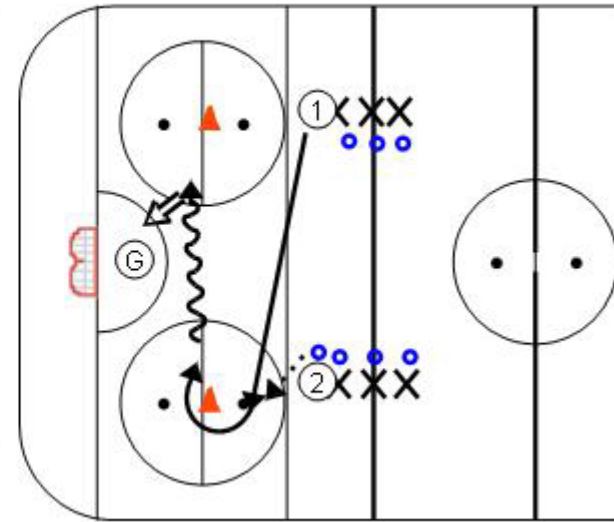
Key Points : **Purpose**

This drill helps the athletes master the skill of picking up the ring and shooting it all in one motion.

Variations

You can make up any number of stations which simulate one-time scoring opportunities in a game-like environment.

Title : RMc's Shooting Drill	Category #1 : Coaches	Category #2 : Shooting
Description		
<p>X1 starts the drill by skating across the ringette line and receiving a lead pass from X2. X1 drives around the pylon and across the top of the crease. Her job is to make the goalie move and then "bury her chance" from the hot spot.</p> <p>Options are: race the goalie to the far post, shoot five hole, or stop and shoot back where you came from. Coaches may have to demo these moves one at a time to give athletes ideas.</p> <p>X2 leaves as soon as X1 is around the pylon. Run in both ends.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



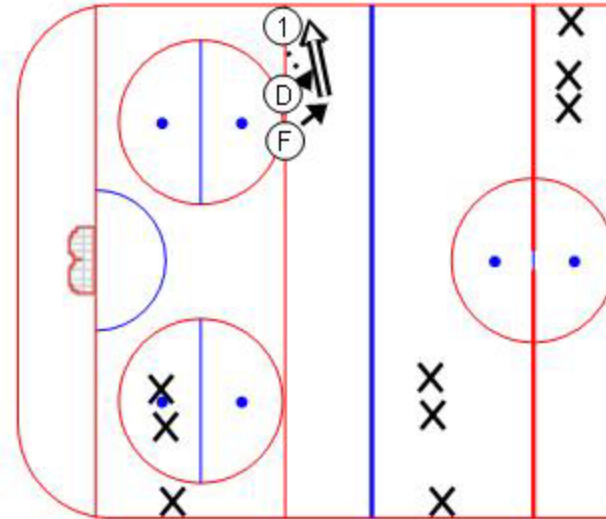
Purpose

In this drill athletes skate across the top of the crease and then shoot. Skating across the top of the crease is a smart move because it truly forces the goalie to move. When a goalie moves she must eventually leave some part of the net open. The shooter's job is to be patient and smart - to bury the ring in the open net.

Title : Quick Release Drill Category #1 : Coaches Category #2 : Shooting

Description

Athletes get into groups of 3 and line up around the boards. X1 is against the boards facing out. D is facing F. F's job is to get open in a small space, receive the pass from X1 and take a quick shot (she should pick a target against the boards). If F needs to "seal" against D, spin off her, or use fakes, that's fine. She's practicing getting open for the quick pass and getting the shot off before the D can stop her. The D should try to intercept the pass or bother the shot. (2 pairs can use the nets/goalies.)

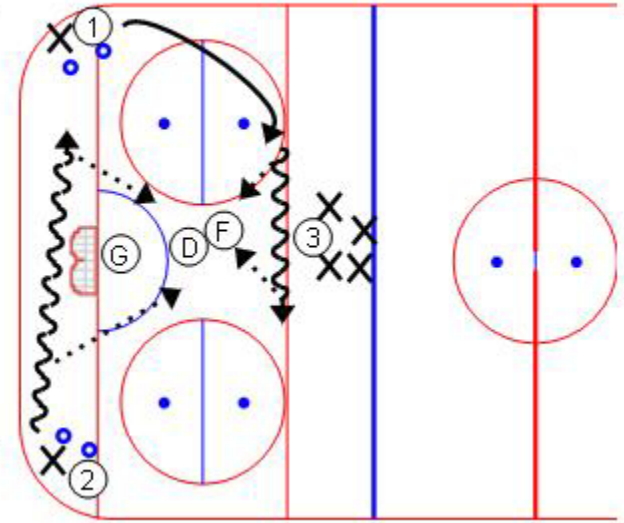


Key points:

Purpose

The purpose of this drill is to learn to get open in a very small space and release the ring very quickly under pressure.

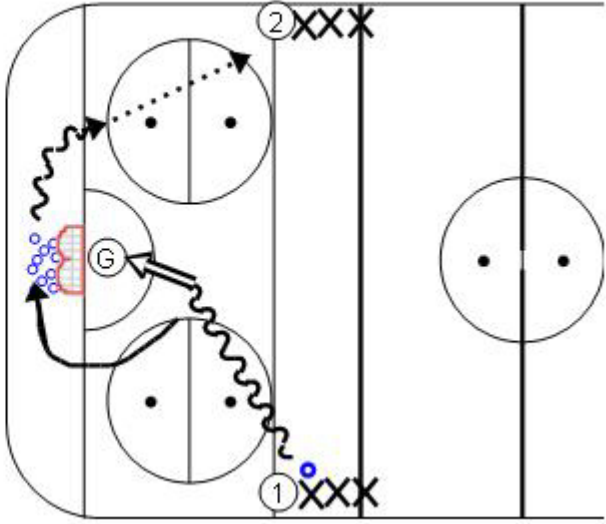
Title : Quick Release Drill 2	Category #1 : <input type="text" value="Coaches"/>	Category #2 : <input type="text" value="Shooting"/>
Description		
<p>Run in all 3 zones (switch neutral zone athletes with end zone athletes after 3-4 minutes). X1 starts the drill by skating up around the circle and across the ringette line. In the middle, F is trying to give X1 a good passing option (by getting good position on the D). X1 decides when to make a slip pass into F, who takes a one-time shot (or spins off the D and take a quick shot). D tries to bother the shot (she plays at about 70% and must be goal side). F and D now join the X1 and X2 lines. Two new players immediately jump in from line 3 (one D and one F). X2 skates behind the net and decides when to make a pass out to F who is trying to do the same thing (get open, quick release). This drill helps athletes works on deceptive passes in the offensive end and getting open in a small space for the quick release shot.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



Purpose

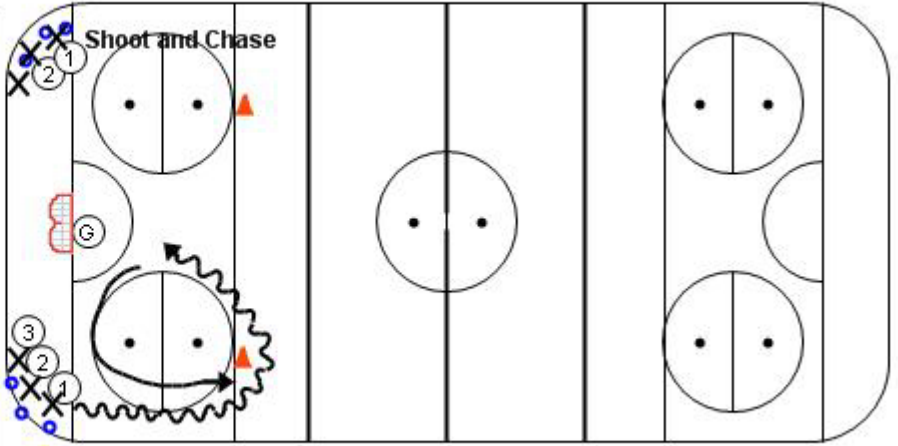
The purpose of this drill is to learn to get open in a very small space and release the ring very quickly under pressure.

Title : Shoot-Breakout-Shoot	Category #1 : Coaches	Category #2 : Shooting
Description		
<p>X1 starts the drill by taking a shot on net. After she shoots, she grabs a ring from behind the net and passes it to X2. X2 then skates in with ring and shoots. She grabs a ring from behind the net and passes to the X1 line. The drill continues in that pattern.</p>		
Key points:	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>



Purpose

The purpose of this drill is to improve shooting accuracy and to master the skill of shooting from the Hot Spot. Shooters should notice which parts of the net are open on which goalies - glove hand? five hole? low stick side? Etc.

Title : Shoot and Chase	Category #1 : Coaches	Category #2 : Defense
Description		
<p>Shoot and Chase: X1 skates with the ring around the pylon and takes a shot on goal. As soon as she shoots, X2 accelerates around pylon with a ring. X1 must skate the same pattern and try to catch X2. X2 then chases X3. *If the drill is running smoothly, try both corners, staggered.</p>		
Key points : <input style="width: 150px; height: 20px;" type="text"/> <input style="width: 150px; height: 20px;" type="text"/> <input style="width: 150px; height: 20px;" type="text"/> <input style="width: 150px; height: 20px;" type="text"/>		

Purpose

The shoot and chase drill asks athletes to finish their scoring chances while being pressured.

Title : Two loop drill

Category #1 : Coaches

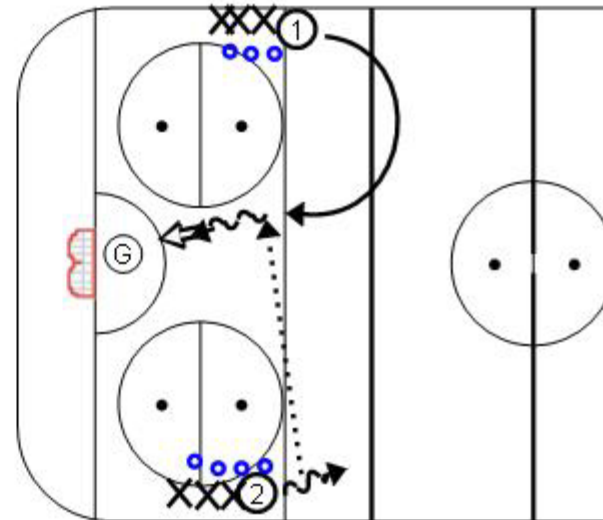
Category #2 : Shooting

Description

Players start at the ringette line. X1 leaves and skates just over the blue line. She then drives down the middle of the ice and receives a lateral pass from X2 at the ringette line. X1 drives in for the shot.

After X2 passes, she skates the same pattern as X1. Etc.
Run in both ends.

For their first 3 or 4 shots, athletes shoot from a '2'. For the remainder of their shots, athletes shoot from the Hot Spot.



Key points:

Purpose

This drill forces athletes to make accurate lead passes, to stab the ring, and to shoot accurately.

Variations

Two people leave one after the other. The 2nd person is a chaser whose job is to put pressure on the ring carrier. This forces the shooter to finish under pressure.

Scoring

The last section contained drills that focus specifically on shooting. Taking smart shots and having a powerful, accurate shot is a big part of scoring goals in ringette. However, it's not all.

This section is full of drills which help your athletes develop their goal scoring skills.

If ringette athletes want to score more goals, they must learn a number of skills. For example:

- 1) How to shoot from the Hot Spot
- 2) How to get to the Hot Spot against a triangle
- 3) How to get to the Hot Spot 1v1
- 4) How to make the goalie move
- 5) Where to shoot on the various goalies in your league

The drills in this section all work on different aspects of goal scoring. By running these drills you increase the chances that your forwards will work well as a unit in the offensive end, create scoring chances, and finish the chances they create.



Title: Offensive Awareness drill

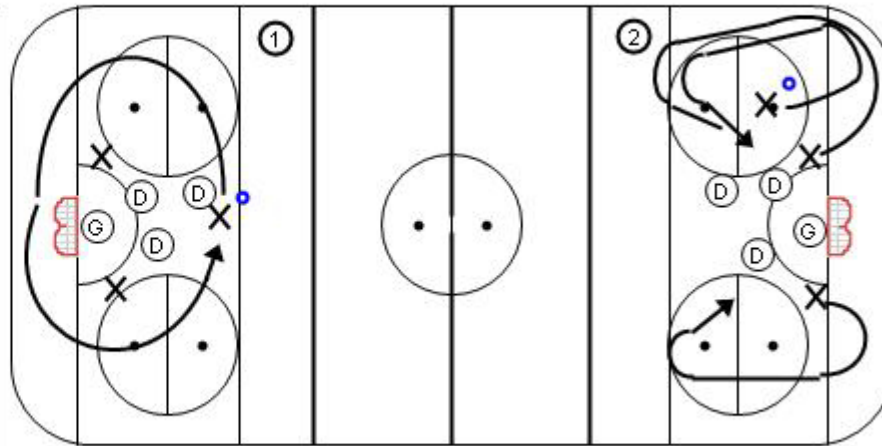
Content elements: _____

Components : _____

Description

In version 1, the ring carrier MUST skate in circles around the net and the non-ring carriers MUST remain planted on the low post. In this version, players get the feel of attacking the triangle one at a time (without good passing options).

In version 2, the ring carrier skates into the corner and up high over the ringette line. One of the non-ring carriers follows her and the girl on the opposite side cuts out of the zone and in on the far side. In this example, players get the feel of attacking the triangle in unison.



Key Points :

Purpose

The purpose of this drill is to introduce your athletes to strategies for attacking 3v3 in the offense zone. Many teams are unsuccessful because their athletes take turns attacking 1v3. In the offensive awareness drill they learn the difference between attacking one at a time and three at a time.

Title : L Passing w/ Checker **Category #1 :** Coaches **Category #2 :** Team Scoring

Description

Put athletes into groups of 4 -- 3 passers and 1 checker. On the whistle, the 3 passers begin moving the ring using L support. The non ring carrying players must constantly move so the passer has two good passing options, no one is diagonally across from the ring.

The checker is trying to steal the ring (by checking or intercepting) and applies constant pressure to the passers.

When the checker steals the ring, the passer who "made the mistake" becomes the checker. If the checker does not steal the ring within 45 - 60 seconds, rotate someone new in anyway.

Key points:

Purpose

L passing means that the ring carrier always has two good passing options. The 3 athletes move the ring around and the person who is diagonally across from the new ring carrier always changes positions so she is straight across from the ring carrier. Teams can use this method of passing the ring to create speed and scoring chances in the offensive end.

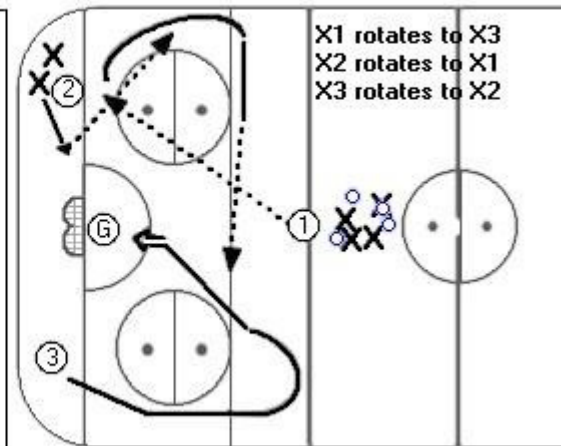
Title: Detroit Drill

Description

Two players start in the X2 corner, 1 player starts in the X3 corner, and everyone else starts in the middle circle with rings.

X1 starts the drill by passing to X2 and following her pass. X2 gives her the pass back. X3 is timing her cut so that she skates outside the ringette line and arrives near the top of the triangle as X1 is coming around the opposite circle. X1 passes across the ringette line to X3 who shoots. The second person in line 1 passes to the second person in line 2 after the pass is made across the top and the drill continues.

* The order of Rotation is Crucial *



Purpose

The detroit drill forces your athletes to attack in the offense zone 3 at a time (rather than 1 at a time).

Variations

Allow your athletes to improvise off these basic patterns (see next page). Add stationary defenders.

Title: Advanced Detroit Drill **Content elements:** Advanced Shooting **Components :** _____

Description

* The drill starts the same as the basic Detroit Drill and the players rotate in the same direction. *

Option A) X3 leaves early and skates across the triangle. X1 leaves the ring for her. X3 picks up the ring and either drives and shoots or passes back to X1.

Option B) X1 keeps the ring and drives across the top. X3 times her cut so she's attacking the net at the same time as X1. X1 either drives and shoots or passes to X3, who shoots.

X1 rotates to X3
X2 rotates to X1
X3 rotates to X2

A) B)

Key Points :

Purpose

In the advanced detroit drill your athletes take some basic patterns and improvise. This is a very advanced skill to learn.

Scoring

#5 3v0, 3v1, 3v2, 3v3

Title : 3v0, 3v1, 3v2, 3v3

Category #1 : Coaches

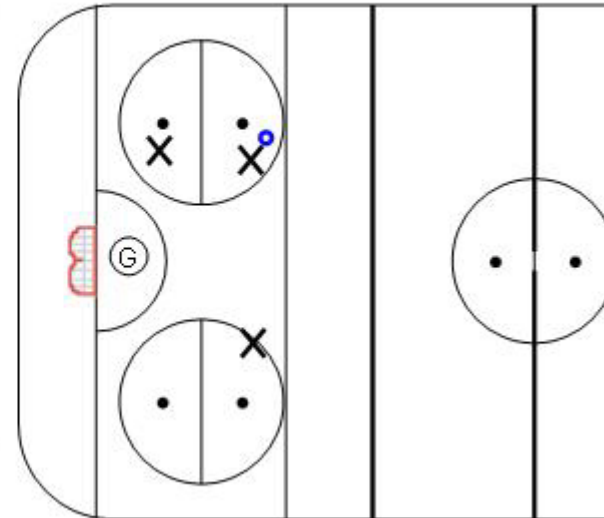
Category #2 : Timing

Description

Athletes start off in groups of 3. On the whistle, the first group has 30 seconds to create a good scoring opportunity using the "L offence". At first, they are attacking 3 v. 0 and will have no problem getting a quality shot away.

After each group has gone once or twice, add in 1 defender. The drill is the same except now it is 3 v. 1. Once each group is consistently successful 3 v. 1, add another defender. The drill continues 3 v. 2. Still, the forwards have 30 seconds to generate a good scoring chance using the "L offence" / quick ring movement. Finally, if your forwards are still being consistently successful, you can add a 3rd defender for 3 v. 3 in the zone.

Key points:



Purpose

This drill is designed to improve your team's offence. By starting off 3v0 your athletes will feel success early. As defenders get added in slowly but surely the offence must continue to do what's working - creating speed by moving their feet and moving the ring, and attacking the Hot Spot.

Variations

Have the defenders play without sticks at a first.

Title: LB's 3 v. 3 competition **Content elements:** _____ **Components :** _____

Description

3 players start as the defensive triangle; 3 players start as the attacking offensive team. On the whistle, they play 3 v. 3 for 30 seconds. In that 30 seconds, they get one point for every time one of the forwards isolates the low D and drives to the Hot Spot. Teams keep track of how many points they get.

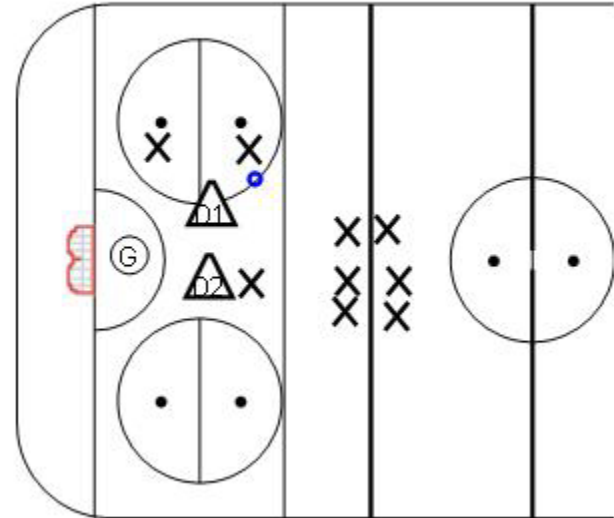
On the 2nd whistle, they rotate: offence to defence; defence out; 3 new offence jump in. Coach passes in a new ring. The team with the most points at the end wins!

Key Points :

Purpose

This drill helps your athletes master the skill of attacking 3 at a time and getting to the Hot Spot. In this drill your athletes must learn how to skate when they don't have the ring and they must learn how to set up their teammates.

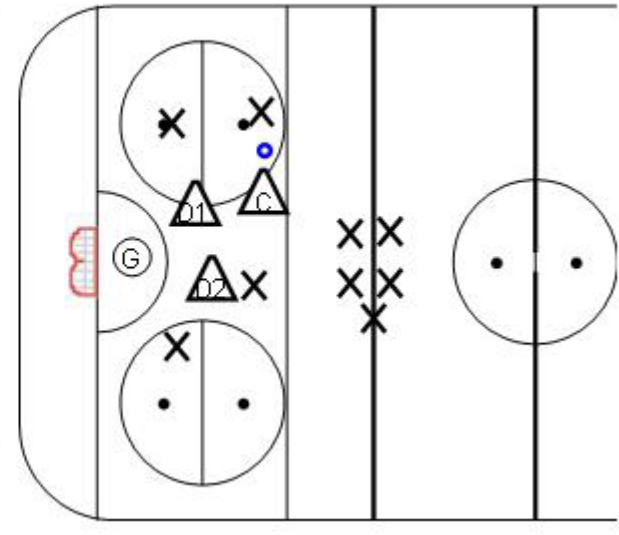
Title : 3 v 2	Category #1 : Coaches	Category #2 : Game situations
Description		
<p>3 offensive players, 2 defenders, and 1 goalie start in the zone. On the whistle, they play 3 v. 2. The offensive players are trying to score, the defenders are trying to carry the ring over the ringette line. Run each group of forwards for 30 - 45 seconds then switch. If the defenders carry the ring over the ringette line, the forwards pick it up and keep attacking.</p> <p>Make this drill a competition: if the forwards score, they get 1 point. If the forwards don't score, the defenders get 1 point.</p> <p>*Run in one or two ends, depending on your # of athletes.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



Purpose

The purpose of this drill is to work on your team's 3v2 power play in a fun, competitive environment.

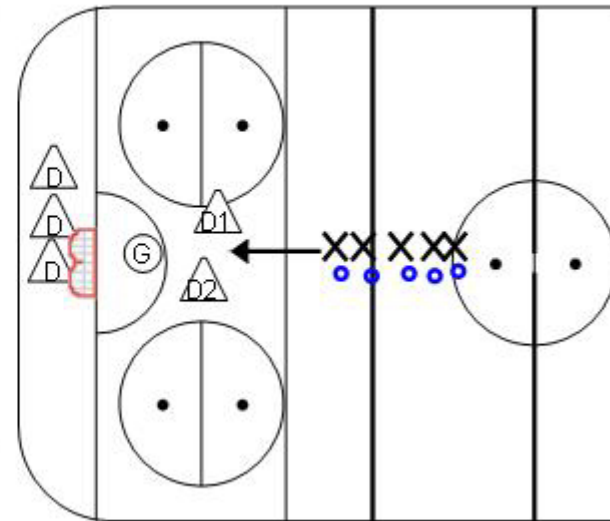
Title : 4 v 3 competition	Category #1 : Coaches	Category #2 : Game situations
Description		
<p>4 offensive players, 3 defenders, and 1 goalie start in the zone. On the whistle, they play 4 v. 3. The offensive players are trying to score, the defenders are trying to carry the ring over the ringette line. Run each group of forwards for 30 - 45 seconds then switch. If the defenders carry the ring over the ringette line, the forwards pick it up and keep attacking.</p> <p>Make this drill a competition: if the forwards score, they get 1 point. If the forwards don't score, the defenders get 1 point.</p> <p>*Run in one or two ends, depending on your # of athletes.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



Purpose

The purpose of this drill is to work on your team's 4v3 power play in a fun, competitive environment.

Title : 1 v 2	Category #1 : Coaches	Category #2 : Goal Scoring
Description		
<p>Forwards line up just inside the blue line. Defence line up behind the net. On the first whistle, 2 defenders and 1 forward jump in. The forward tries to score 1 v. 2. On the 2nd whistle (after about 15 seconds), the first group jumps out and a new one rushes in (the defence have to be paying attention and jump in as soon as the whistle blows!).</p> <p>* Run in 1 or 2 ends depending on your # of athletes. * Forwards are practicing doing whatever it takes to earn a quality scoring chance.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>



Purpose

This drill works on the mentality of “I’ll do whatever it takes to get to the Hot Spot”. Forwards have to battle for their lives when they are stuck 1v2. If a forward can win a scoring chance against 2 defenders she should definitely thrive 1v1!

Title : Two Timer **Category #1 :** **Category #2 :**

Description

Two Timer: Circles are a team and triangles are a team. 1's leave at the same time and it is a 2 vs 0 against the goalie. If the triangles score, they can try to check the circles and steal their ring. If triangle gets possession they take the ring back to their original net and try to score again. The first repetition ends when both rings have been scored. Goalies must distribute the ring when they make a save.

Key points :

Purpose

In the Two Timer drill athletes are focused on scoring quickly. They must notice what increases their chances of finishing from the Hot Spot - moving the goalie, taking accurate shots.

Defence

The drills in this section focus on different aspects of defending in ringette. For example:

- Channeling in a 1v1 situation
- Finding your mark and sticking with her
- Stepping up the triangle

During 1v1 drills a defender's job is to control the gap between her and the forward so she can push that forward away from the front of your team's net.

When marking on transition, a defender's job is to find the person she is responsible for and to stick with that athlete. The closer your defender can stay to her mark, the harder it will be for the other team to gain the next zone. Agility and superior backwards skating skills are what allow a defender to improve her marking abilities.

One of the most common ways a defensive triangle breaks down is when a defender doesn't step up to meet the ring carrier after she drives around the center (or after a pass is made across the top of the triangle). A defender must step up early and she must step up in a way that forces the ring carrier to the outside of the ice (not toward the middle of the triangle).

When you run the drills in this section your athletes will improve their expertise in all the areas listed above.



Title : Shadow Partner Drill - coaches **Content elements:** _____ **Components :** _____

Description

FOCUS: GAP CONTROL & LEGAL BODY CONTACT
 Athletes line up in partners along the boards. On the whistle X1 skates forwards and X2 skates backwards. X1 is trying to skate across the ice in a straight line. X2 is trying to stay close to X1 force her to slow down and turn as much as possible. X2 can turn forwards if she needs to. Go there and back and then switch roles. Athletes should stay within a confined space so they don't run into other athletes. (With large numbers, run in two waves so athletes have enough room to work with.)

Key Points :

Purpose

The purpose of this drill is to introduce your athletes to the idea of gap control and using their body to influence where the ring carrier can skate.

Title : Susan's Favorite Drill

Category #1 : Coaches

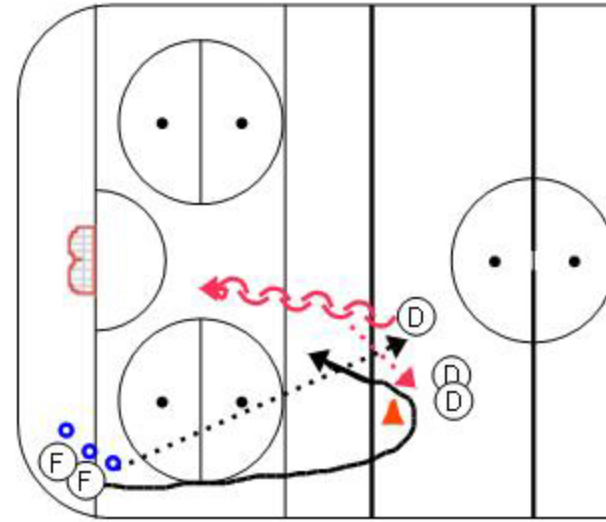
Category #2 : Channeling

Description

Run drill in both ends. Defense line up in between blue and red line. Forwards line up in the corner. F1 starts with a pass to D1. F1 then skates up over the blue line and around the pylon. D1 drops the ring for F1 and pivots backwards to channel F1 away from the Hot Spot.

Progressions: Gap Control - Too close: Defense is less than a sticks length away. Gap Control - Too far: Defense is more than a sticks length away and ends up being more of a screen than a defender. Gap Control - Just Right: Defense stays within a sticks length of the Forward, always keeping her body between opponent and net, guiding the forward away from the Hot Spot.

Key points:

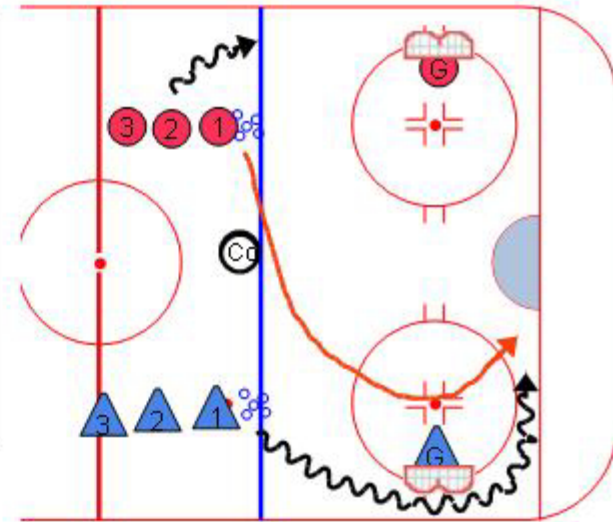
**Purpose**

This classic 1v1 drill asks your defenders to control a gap and channel at game speed.

Variations

Have your defenders do this drill without sticks first.

Title : Progressive Angling	Category #1 : Coaches	Category #2 : 1 vs 1
Description		
<p>Drill starts with going behind the net and trying to score at the other end. angles towards the boards. cannot skate backwards, while angling. 30 second shifts.</p> <p>*** Most important element is not allowing your opponent to "cut back against the grain. On the whistle the drill starts again, going the other way.</p> <p>Variations; 1on2, 2on2, 2on3 and 3on3; start the drill with a pass from the opposite line.</p>		
Key points:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
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Purpose

The progressive angling drill is another exercise which forces your defenders to control the gap between them and the ring carrier and to influence where the ring carrier can skate.

Title : D - Shoot and Defend	Category #1 : Coaches	Category #2 : Full Ice	
Description			
<ol style="list-style-type: none"> 1) ① makes a pass to D who comes in to take a shot. 2) ② moves to screen the goalie when the pass is made. 3) After the shot ② moves across and picks up a ring from the far circle. ① cuts up across the blue for the first pass. 4) They then break up ice 2 vs 1 against D. <p>Variation: ① makes the pass then moves across for the screen as ② cuts behind the net and picks up a ring.</p>			
Key points :	Point shot	Passing	Defense

Purpose

This 1v1 drill incorporates passing, picking up the ring ring, shooting, and defending 2v1.

Title: Defending Challenge **Content elements:** _____ **Components :** _____

Description

This drill is for approximately 10 athletes in the neutral zone. Athletes start in pairs along the boards at the blue line. X1 starts slightly off the boards, X2 starts right on the boards on one knee. On the instructor's mark, X2 sprints to the pylon and then cuts to the diagonally opposite blue line. X1 must skate backwards at least to the pylon and tries to mark X2 all the way. Keep the same position along the next blue and then switch X1 and X2 for the next "lap".

Key Points :

Purpose

This is the perfect drill to focus on gap control and nothing else. In this drill your defenders will notice just how excellent their backwards skating must be in order to master the skill of channeling.

Variations

Tell your defenders they must skate backward the entire time (rather than allowing them to turn forward after the pylon).

Title : Stepping Up Drill

Category #1 : Coaches

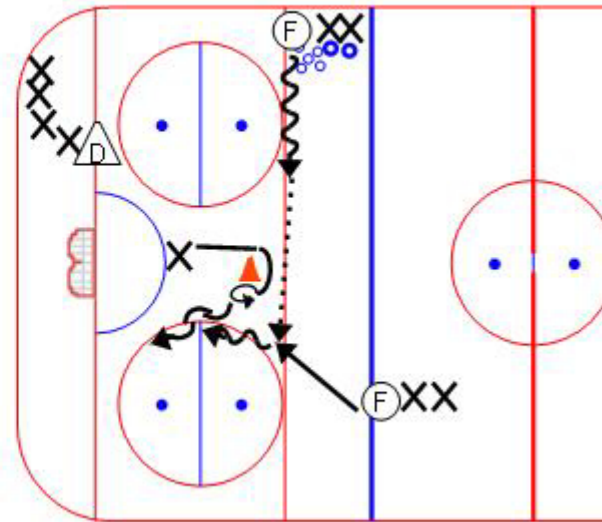
Category #2 : Defensive Triangle

Description

Defenders line up next to the goal crease behind the goal line (one defender starts in the slot). The drills starts when F1 begins to skate across the ringette line with a ring. F2 times it so she receives the pass from F1 just as she crosses the ringette line. The defender must skate up around the pylon and she times it so she arrives at the right time to push F2 away from the slot. F2 can do whatever she wants to try to score but must stay on her half of the ice. The defender is practicing stepping up and pushing the forward away from the Hot Spot. (After 15 - 20 reps switch sides.)

Key points:

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**Purpose**

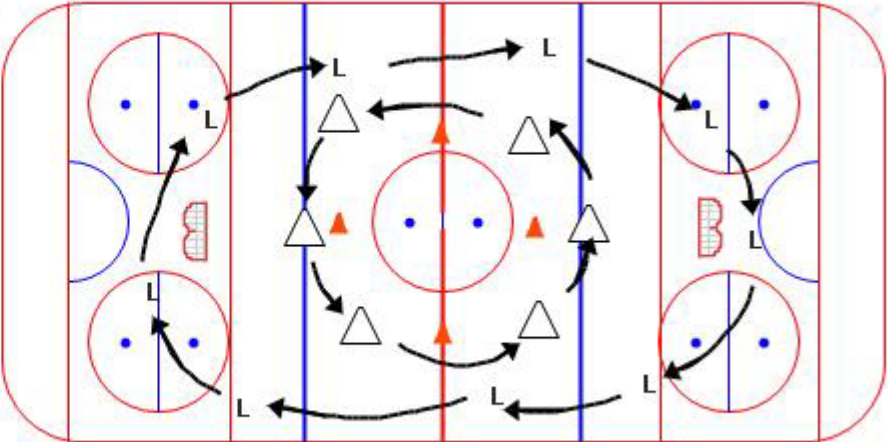
In this drill your defenders practice stepping up a) early and b) “inside out” so they force the ring carrier to the outside of the ice (rather than toward the middle).

Title : The Big Hunt **Content elements:** _____ **Components :** _____

Description

Use pylons and nets to set up a circle within a circle formation. Players set up in pairs, one partner is the lion and one is the zebra. The lion skates around the outside circle clockwise 'stalking' the zebra, who will be skating counter clockwise around the inside circle. On the whistle the lion must find her zebra and skate after her to mark her. The zebra must try to get away from the lion. Give lions 10 seconds to find their zebras and mark them tightly, then blow the whistle to start again with all players getting an opportunity to be the zebra.

Can play with rings and make it a checking game.



Key Points :

Purpose

This is a fun game which teaches your athletes how to find their mark in a crowd and stick with her.

Teach Your Players to Skate, Score, and Defend Like Superstars

Discover Breakouts, Defensive Triangles, and Forechecking Systems that Will Beat the Pants Off other Teams

Get “Ready Made” Practice Plans and Drills – Slash Your Workload by 60% This Season!

This breakthrough on-line membership for coaches will show you exactly how to turn your athletes into ringette champions.

By Lisa Brown and Laura Warner

Dear Coach,

Imagine getting up on a Sunday morning before ringette practice. You have a leisurely breakfast and then casually log on to your computer.

You receive a practice plan showing you exactly how to run your afternoon practice. Today, your players will learn how to:

Explode with speed and leave checkers in the dust,
See the “mesh” and shoot with total accuracy, and
Break out of their end with perfect ring control.

You then read Laura Warner’s answer to the question you sent her last week: “Two of my players are fighting about the fact that one of them is not passing. What do I do?”

She gives you the exact recipe for solving this problem.

You silently yell “Yes!” and pump your fist in the air. Your prep time for this practice was all of 12 minutes...but your players will be collecting gold medals by the end of next weekend.

You don’t have to imagine this...

It can be the reality of your season this year. For years, Laura and I have been helping coaches build ringette champions, and we can help you too.

To read more, go to http://www.ringetteretreat.com/page/coach_lett

“Our NEW Video Home Success System Can Be Your Secret Weapon This Year”

You just open the video...
Watch it once a week, like a T.V. program...
And transform yourself into a ringette star!

Dear Ringette Fan,

Now you can take the Retreat home with you and use it as a “secret weapon” for yourself all season long—with virtually no mental effort on your part.

Think of what this means: every week, you can program your ringette brain for excellence just by watching T.V. ...and then putting it on “autopilot”. So this doesn’t sound like a bunch of hype, let me explain.

Why Do Some Players Improve Almost Overnight While Others Struggle To Make Even The Smallest Changes in Their Game?

When I stumbled through my first ringette game in 1974, if anybody had predicted I’d go on to become one of the most accomplished, best-known ringette players in history, they’d have found themselves in a rubber room.

But here I am, 30 years in AA ringette later. I’ve won 3 World Championships, 9 National Championships, and logged over 4,500 hours in practices and games.

Now, here’s the amazing part. I’m not at all convinced I would have done this had I not COMPLETELY changed the way I practised ringette.

My approach to ringette changed when I figured out one thing:

If you’re practising your ringette skills wrong, practise is your worst enemy. AND
If you’re practising your ringette skills right, practise is your best friend.

“How to Be A Ringette Star” shows you exactly how to take a routine practise and turn it into a ringette school for yourself—with no extra effort on your part.

You’ll Start Improving Your Game Right Away...

To read more, go to http://www.ringetteretreat.com/page/video_new2